

Freedom THROUGH FORGIVENESS

WORKSHOP 2021

Enjoying **THE PRESENT**, by **HEALING THE PAST!**



Discover what's
Underneath your
Anger | Heal
your Emotional
Allergies | Identify
your Language
of Apology | Free
Yourself with
Forgiveness

This 2 day Workshop is a meaningful and personally enriching one for counsellors, facilitators, teachers, health workers, team leaders or anyone working with people!

Venue: 'Ulmarra' - 5 Carson Place, Minnamurra

Date:

Fri 6th - Sat 7th August, 2021, 9:30am-4:30pm

Cost:

\$565.00

\$525.00 - Early bird discount (Register by June 6th, 2021). Inclusive of Heather's recently released book, Elevate your Wellbeing, with her chapter on Forgiveness, handbook, lunch and am + pm teas.

Register online:

www.heathermcalpineconsulting.com

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You will pick up the tools you can use to:

- Understand why “sorry” certainly DOES seem to be the hardest word and why “sorry” often inflames rather than resolves the issue.
- Understand some theoretical underpinnings and research from leaders in this field (eg. Gary Chapman and John Gottman’s work).
- Utilise powerful healing exercises for yourself and the people you live/work with, regarding soul wounds and emotional allergies.
- Identify & utilise the 5 key Languages of Apology (Expressing Regret, Accepting Responsibility, Making Restitution, Genuine repentance and Requesting Forgiveness).



- Increase awareness and develop strategies for enabling people to be constructive with themselves and each other when their core attitudes collide.
- Develop a plan and process of forgiveness that enables growth and healing within oneself and within close relationships.

Facilitator: Heather McAlpine



Heather is a Relationship Therapist and Supervisor of Counsellors and Educators in private practice, Kiama. She is also a published author, Consultant in team building, conflict and stress management.

Heather was Clinical Co-ordinator for Relationships Australia, Illawarra for 8 years, where she led the Counselling and Relationship Education teams and was involved with training, supervision, groupwork, creative seminars and the media. Heather was awarded a Winston Churchill Fellowship to study Marriage and Family

Education in the UK and US. She is a highly regarded speaker and International presenter on topics such as ‘Hot Monogamy’, ‘Do you wanna make up?’ and ‘Leaping Relationship Hurdles’. Together with her husband, John, she has been leading ‘Marriage Getaways’ in Australia, Uganda, South Africa, India and Sri Lanka for over 30 years. They are Chair Couple and Trainer Couple for ‘Better Marriages Australia’. They have 3 adult children and 4 year old twin grandchildren. In her ‘spare’ time Heather enjoys long distance cycling, sustained by dark chocolate!