

WORKSHOPS INFO

DONNA INTERA TRAINING

Donna Intera is an Italian term for 'whole woman'. Our aim is to offer you the opportunity to learn essential relationship, communication and problem solving skills so that you can build safe and enjoyable relationships.

Our workshops include self development topics that will educate and empower you to live an interesting and whole life no matter whether you are in relationship or not.

Venue

Our main training office is situated in the town centre of Dereham and has good transport links, parking facilities, coffee bars and cafes. We also plan to run workshops in other parts of Norfolk, so please check timetables for events in your local area.

How to Book:

You will need to complete a **booking form** that can be downloaded from the website. You can also visit the office, email, and request by post or by calling **Joanne Robinson on 07944 577 754**:

Contact Details

Website: www.donnaintera.co.uk also includes latest course information, news updates, self assessments and monthly newsletter. **Email:** info@donnaintera.co.uk



Office Address

3A Bennett House, Norwich Street, Norfolk, NR19 1BX

Group Training & Coaching

Our workshops are a unique blend of different teaching techniques that will appeal to all types of learning styles.

From educational presentations and feedback sessions to hands on experiential learning exercises, group interaction, role play, video playback and reflection work we work to ensure that you come away from our workshops having learned new skills. We thrive on helping clients make powerful shifts in their thinking and behaviours so that they can move past the obstacles that keep them from reaching their full potential. At our Dereham office we offer small group interaction of up to 8-10 people.

Courses & Workshops

Course	Duration:	Time:
The Right Step Relationship Course	12 weeks	3 hours per session per week

A series of 12 workshops that aim to educate women about unhealthy/abusive relationships, how to recognise the early warning signs, types of abusive men and why they think the way they do, how to break the cycle and enjoy healthier relationships. Topics include:

- Understanding Domestic Abuse
- The Profile of an Abuse and Why Does He Do That?
- Breaking the Cycle
- How To Heal

Who is it suitable for?

This course is suitable for women age 18 and over who want to build healthier relationships whether or not they have experienced an abusive one or not. It will also appeal to women who recognise unhealthy relationship patterns in their life and who wish to attract and engage with compatible partners.

Workshops

All workshops run either as full or half day workshops. Please see **latest events** for times and dates.

Listening & Attending Skills

Listening is not the same as hearing! In this workshop you will learn the importance of good listening, how it effects communication and relationships and some of the barriers to understanding others. You will also have the opportunity to learn and practice attending skills. Excellent workshop for those who wish to develop understanding and responding to others.

Expressing Feelings

Most experts agree that open communication contributes to good relationships. However, one of the most awkward things about sharing feelings with another person is getting started. In this workshop you will learn how to articulate your feelings and get your message across with care and concern.

Giving & Receiving Feedback

Perhaps one of the most vulnerable of moments is learning to listen to people's responses to our behaviours. Giving & receiving feedback is a way of letting people know how effective they are in what they are trying to accomplish, or how they affect us. In this workshop we build on *Expressing Feelings* and focus on the skills of responding to feedback as well as how to approach and give feedback to others.

Building Confidence

Self-confidence is extremely important in almost every aspect of our lives, yet so many people struggle to find it. In this workshop we will look at confidence and how we can build up our confidence so that we maximise our potential. Excellent workshop to get you started on taking positive action in life again.

Building Self Esteem

Do you feel you deserve happiness or to be treated with love and respect? Can you say no to people? Self-esteem is all about valuing yourself and in this workshop we will find out how to build our self image in a balanced way. Excellent for individuals who struggle with self negative thoughts and feelings.

Starting New Relationships: Building Trust

If you have a tendency to rush into relationships and give love too soon, trust very easily and get hurt or don't know how to build closer relationships, this

workshop will link the skills of self disclosure, communication and intimacy so that you can feel more confident about building safe relationships.

Date or Not To Date?

If you have picked the wrong types of partners to love in the past, not sure what you are looking for or want to work on finding our more about yourself before loving again, then this workshop is just for you. We will focus on values in dating and help you decipher what the most important qualities you are looking for and not looking for in a partner. This workshop is more challenging then you think!

Authentic You

Do you have difficulty trusting your decisions and judgements? Do you tend to worry about what others think and undermine your own feelings and opinions or go against your conscience about things that are important to you? In this workshop we will look at learning how you can 'live the truth in your heart' and get your life back on the right track again!

Life Motivation

Are you wondering what direction to take in your work or life? Need to feel inspired or figure out how to find a career that doesn't feel like work? In this workshop we will look at how you can tap into your dreams and aspirations and feel motivated about living and work again! Great for women returning to work or who wish to find out what they really want out of life.

Other Courses to Be Confirmed

- Stress Management
- Anger Management
- Fighting Fairly – Conflict Resolution

Special Workshop Days

From time to time we will invite other specialist trainers to visit. Please check website and Latest Events for more information.

Organisations & Women's Groups

If you wish to run any of the workshops at your venue, please contact Joanne Robinson on 07944 577 754 or via email: info@donnaintera.co.uk