



## Back to You!

This small-group programme is aimed at parents wanting to reassess and reinvigorate their lives now that their children are starting school – it's also about helping you find You again. In my professional experience, the period when your child starts school can be a time of opportunities but also of challenges. These challenges may include rediscovering your identity, relationship issues and career issues, and there's a lot of overlap between them.

For more details on the thinking behind this programme see [here](#)

## Course information

The programme will consist of three 2-hour sessions and a range of dates is available. The group size is limited to a maximum of 5 people. There will be exercises for you to complete at home in between sessions. The course fee is \$100.

### Session 1

- Identity and self-esteem \* – why You may have disappeared and ideas to get You back
- You in the workplace – Exercises to establish where you are right now and how you got here

### Session 2

- Relationships \* - looking at the relationship between You and your partner
- You in the workplace - Exercises to establish your skills and work style

### Session 3

You in the workplace:

- Options for You
- Difficulties to overcome
- Self-promotion
- Making a career plan

\* It may not be appropriate to explore these issues in relation to individuals within a group session due to issues of confidentiality so they will be discussed in general. Individual and/or couples counselling would be a better option to meet your unique needs in these areas.

## About me



I've spent over 20 years helping to empower people through education and training, as a lecturer/trainer, as a writer and as a manager. I took a Masters in Counselling and set up Carpe Diem Counselling and Coaching as I want to do more, and empowering parents is an area that I feel passionately about.

For more about me and my business see [www.carpediempertth.com.au](http://www.carpediempertth.com.au)

For more information about content, available dates or my other services please contact me using the details below.

**Carpe Diem Counselling and Coaching ... Seize the day, today!**

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