

FREEDOM FOREVER
A 10 WEEK FOLLOW ON PROGRAMME FOR WOMEN WHO HAVE COMPLETED THE
FREEDOM PROGRAMME. Training accredited for 10 CPD points.

We have completed the pilot for this programme in Wigan with the Freedom Programme Charitable Trust.

The programme is a voyage of discovery which charts our own life course. It will examine our beliefs, raise our self-esteem, allow us to embrace our goals and teach us how to make them happen. It will explore where our negative thoughts come from and how to turn them into positive action. Strategies for success in employment education, health and personal development will be included as well as a session on practicing assertiveness.

Covering legalities around child protection, Sarah's law and Clare's law it gives us information needed to protect ourselves and our children from future harm. We have a specially written session on parenting which deals with the aftermath of the Dominator.

Leaving an abusive relationship does not signify the end of the abuse. Indeed this can cause the perpetrator to "up his game". The course will look at the courts/police systems and how we can use them to stay safe.

Feedback from the pilot

'Brilliant!'

'Just what we all need'

'Feeling inspired already!'

The first training event for facilitators of this programme will take place in Liverpool on 09.03.17 - 10.03.17 and will cost £300.00 plus £60.00 vat. ALL proceeds will fund the Freedom Programme Charitable Trust.

Timetable

Day 1

9.15. Coffee on Arrival.
9.30. Outline of the 10 Week Programme.
10.30. Laws and Legalities.
11.00. Coffee.
11.30. Coercive Control Law.
12.00. Understanding Statutory Agencies.
12.45. Lunch.
2.00. Practice Session using the Manual.
Parenting
2.00. Practice session
2.30. Managing Child contact.
3.00. Afternoon Tea.
3.30. Patriarchal Principles.
4.30. Close.

Day 2

9.30. Exposure Theory.
10.00. Reinforcing Group Positivity.
11.00. Coffee.
11.30. Aspirations and Practicality.
12.45. Lunch.
2.00. Using the Manual. Assertiveness
3.00. Afternoon tea.
3.30. Retaining Freedom Forever.
4.30. Close

Booking Form

Freedom Forever Facilitator Training. CPD Accredited for 10 hours.

Cost £300.00 per person plus £60.00 vat per person. The price includes lunch, refreshments and a copy Freedom Forever Facilitator Manual.

We have arranged this event in response to requests from trained facilitators. We only accept trainees who have completed the three day Freedom Programme Facilitator Training. All events can be cancelled or postponed two months before if we do not receive enough applications.

Dates of training

Name or names

Address Line 1

Address Line 2

Address Line 3

Telephone numbers

Email address

Special needs

Name of trainer who trained you originally

Please invoice the above address for £360.00

Or alternative address

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I agree to pay the full fee if I cancel my place 28 days before the event.

Signature

Date

Please return to Pat Craven , PO Box 41, Knighton, Powys, LD7 9AF
freedomprogramme@btinternet.com