

Breakthrough Days

for stressed school staff... for relaxation... for YOU!

Bring the
sunshine
back into your life
With one of our
refreshing, uplifting &
thoughtfully designed
Breakthrough Days!

Who?

All school staff benefit from our Breakthrough Days. We also run Breakthrough Days just for Heads

When?

9.30am to 3.45pm
Weekdays and some Saturdays

Where?

Breakthrough Days are held in our relaxed, comfortable offices in central Hove with easy parking and great public transport links

Why?

Breakthrough Days will make you healthier and happier and more resilient

And?

Each of our Breakthrough Days costs just £85 - the cost of a 1 hour therapy session!

Experience your own
breakthrough!
BOOK NOW for 2011

Contact us for further details:

01273 252559

sunshine@breakthroughdays.co.uk

www.breakthroughdays.co.uk



'My experience on one of these amazing Breakthrough Days was life-changing; I honestly had no idea how easy it was going to be to get myself back on track. Thank you for showing me how to put my anxieties and doubts behind me and for helping me to notice the sun again!' C. Golding, Primary Teacher

Our Breakthrough Days are thoughtfully designed, developed and delivered by a team of trained psychotherapists and headteachers with years of experience in supporting primary school staff in all roles. We focus on practical solutions to those old problems that cloud your enjoyment of the crucial job you do and even eat into the pleasures in your personal life. Our Breakthrough Days are for you if you have:

- negative emotions and dark clouds that just seem to follow you around
- limiting beliefs blocking the changes you want to make
- stress levels going through the roof
- anxiety getting in the way of your life
- self-confidence waning with every new directive
- potential and enthusiasm draining away leaving you exhausted ...

Our Breakthrough Days utilise the best and most powerful techniques to help you break free from the unnecessary restraints holding you back, bringing you clarity and a renewed sense of control, leaving you feeling really empowered and motivated to move forward to your new way of life. You will enjoy a deeply relaxing yet stimulating day and you will be fully supported to set clear future goals, develop highly effective strategies and learn to shine again!

Your Breakthrough Day will help you become even more successful in all areas of your life and realise your dreams - **BOOK NOW!**



Breakthrough Days