



01273 252559

# **Breakthrough Days 2012**

## **Corporate Relocation Support**

Innovative, professional, affordable well-being training and solution focused support  
to nurture and develop you, your staff & your corporate community

[www.breakthroughdays.co.uk](http://www.breakthroughdays.co.uk)

## Welcome to a new kind of layered training, support and care

**Do you relocate staff with children?** Transition programmes for children who are moving countries with their parents are vital to ensure the whole family is supported, leaving your staff free to really focus on the job in hand during work hours.

### Why Breakthrough Days?

Breakthrough Days Solutions provide training and support under the direction and leadership of Dr Sharie Coombes.

An established and highly successful leader and therapist, Sharie has worked at the highest level within education management of schools, local authorities, higher education and training for more than 30 years. Using her in-depth therapeutic knowledge and experience, she brings relevant psychological theory and her pertinent, practical skills to the workplace to enhance performance, self-esteem and results at individual, team, and organisation level.

Our training holds a unique position in the field of maximising human potential and corporate achievement because it is the product of years of varied professional experience, effective market research and consultation. We simply focus on what works well and on how to get more of that into your business structure.

When your people communicate clearly, effectively and confidently with colleagues, competitors, clients and customers this reflects on the organisation and creates a climate of trust, empowerment and achievement.

Read on and see what we can do for you...

### Who will benefit from Breakthrough Days?

Many of the 'people problems' that leaders grapple with can be solved by adapting the knowledge available from psychology and by working 'below the surface' to encourage individual development and responsibility. Huge relocation expenses mean retaining high-quality staff and getting the best from them are essential to your success.

Our training and support are suitable for staff at all levels of your business.

### Where are Breakthrough Days held?

In your building! We adapt all our programmes to meet **your** staff needs through bespoke, on-site courses. No travel costs or hotel accommodation for staff are required, keeping time away from work and departmental disruption to an absolute minimum. Usually, at least 6 delegates are required per training offered although there is some flexibility.

### How much do Breakthrough Days cost?

Per person costs are indicated throughout the brochure. Please get in touch to discuss your requirements and to negotiate a training package price for multiple delegates.

### How do I book Breakthrough Days?

Please phone or email to ask any questions you have prior to making a booking. The course dates have flexibility so please get in touch if you require a particular date for a specific course. You will then be able to complete the online booking form, making payment via bank transfer.

## Transition Work for Children in Relocating Families

When parents move to another part of the world for their work, children usually have to accompany them. This means leaving behind secure friendships, close relatives and supportive schools. The impact of this can be enormous, leaving children and teenagers upset, resentful and isolated. There are so many advantages to be enjoyed but lonely, sad children may not be in a position to capitalise on these. Sometimes, children may even develop stress, anxiety or depression and may withdraw from previously enjoyed activities and struggle to form new friendships. Inevitably, parents will worry about these changes in their children which will reduce their ability to fully focus at work. Happy children mean a happy workforce.

### **What is 'Transition Work'?**

Transition work can delivered be in various forms:

1. The package can provide for group transition sessions for children and teenagers to come together in appropriate age groups to explore their mutual concerns through fun, friendly, therapeutic activities. Sessions identify ways to build confidence and rehearse new skills to ensure the new opportunities are enjoyed and benefited from.
2. Individual coaching sessions for children and teenagers who are finding things hard can open up insight into their thinking and give them lifelong tools for tackling any future life changes. These are gentle, supportive and immensely helpful. The sessions can involve the parents to ensure the skills and techniques taught are embedded at home.
3. Therapy sessions for children and teenagers who are experiencing signs of stress, anxiety or depression. These sessions will provide a safe space to explore their concerns and guide them towards recovery and an ability to prevent future recurrence – a true gift in today's fast-paced world.

Our distinctive and integrative approach combines the best techniques from a wealth of psychological interventions (e.g. CBT, NLP, Human Givens, Solution Focused Brief Therapy, Gestalt, Psychodynamic Psychotherapy etc.) and can be adapted to suit different temperaments, circumstances and situations.

**Dr Sharie Coombes will personally deliver the transition package. Sharie has 30 successful years of experience working with children and young adults and gets great results. Regular slots in the week can be accommodated.**



### **What will it cost?**

Costs will be dependent on your specific requirements, including number and length of sessions and venue.

### **What now?**

Go to [www.foundationshypnotherapy.co.uk](http://www.foundationshypnotherapy.co.uk) for more information on therapy sessions. **Call 01273 252559 or email [sunshine@breakthroughdays.co.uk](mailto:sunshine@breakthroughdays.co.uk) to ask any questions, discuss dates and negotiate multiple-booking discounts or in-house/bespoke training.**

## **Brief Solution Focused Hypno/Psychotherapy Sessions – HS**

*"Hypnotherapy is supported by more scientific research than any other complementary therapy"*  
**(The Which? Guide to Complementary Therapies, 2002)**

**We often think of conventional, long-term counselling as the only option for dealing with difficulties, disappointments and distress. However, it is lengthy, expensive and can be a painful process – not ideal when you want a happy, healthy workforce. For people who have relocated to another part of the world, it can be hard to find the right approach in the native language so it makes sense to have a corporate provision in-house. You could offer the service to staff at a cost to them or under your own provision – or both!**

**Brief solution focused hypno/psychotherapy provides a cost effective alternative** often providing better value for money by helping people to quickly identify needs and find inner resources and solutions, developing resilience and a positive outlook. Our integrative approach combines the best techniques from a wealth of psychological interventions (e.g. CBT, NLP, Human Givens, Solution Focused Brief Therapy, Psychodynamic Psychotherapy, Gestalt etc.) to help you to understand and overcome the things that hold you back. Just 3 sessions can be life-changing (see website feedback) and resolve a range of issues. When this provision is combined with staff training in developing and delivering relaxation techniques or a whole organisation approach to building a solution focused, resilient company, it can save you valuable funds (or make your money go even further) and have a lasting impact on the mental health and well-being of the entire staff body.

**Allocation of a particular therapist and any discounted costs will be negotiated with you depending on the specific needs of the clients. We can provide conventional psychotherapy or hypno/psychotherapy.**

**Regular slots in the working week can be accommodated.**

### **What will it cost?**

Costs will be competitive and dependent on your specific requirements, including the number and length of sessions and venue.

### **What now?**

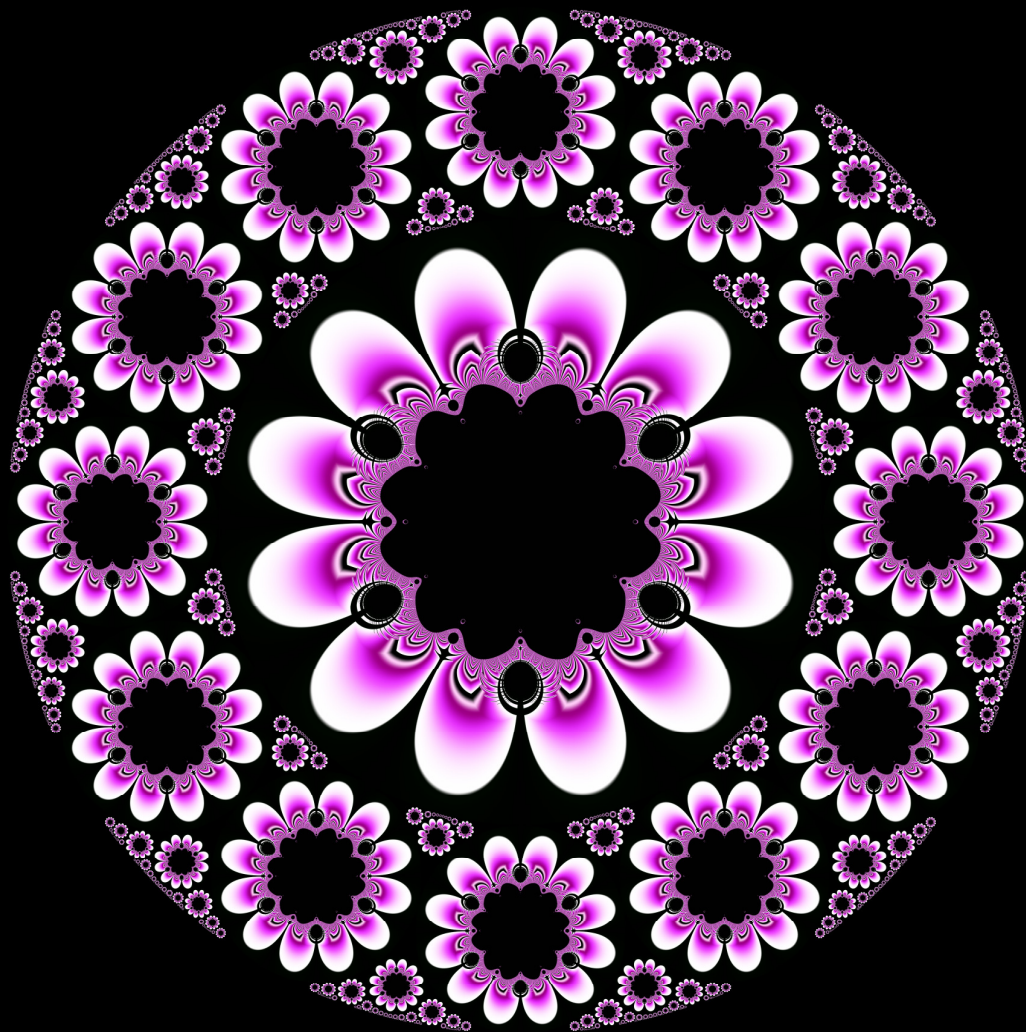
For more information please go to: [www.breakthroughdays.co.uk](http://www.breakthroughdays.co.uk) or [www.foundationshypnotherapy.co.uk](http://www.foundationshypnotherapy.co.uk)

**Call 01273 252559 or email [sunshine@breakthroughdays.co.uk](mailto:sunshine@breakthroughdays.co.uk) to ask any questions, discuss dates and negotiate multiple-booking discounts.**

**All our hypno/ psychotherapists are fully qualified to national standards, insured and registered with the Department of Health through the Complementary and Natural Healthcare Council**



*"Research shows scientific evidence for hypnotherapy...by using hypnosis, people can perform prodigious feats of will-power and self-healing".*  
**Health Education Authority**



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