

# RE-DISCOVERING YOUR HUMAN STRENGTHS:

## A FACILITATED GROUP EXPLORATION IN PERSONAL GROWTH



### WHAT WILL IT INVOLVE?

This is an opportunity to reconnect, rediscover and celebrate our innate human strengths, helping us to navigate the challenges of an increasingly divided and individualistic culture.



Drawing on the work of Dr Malcolm Parlett in developing the five principles of whole intelligence and his book 'Future Sense, for a world that's waking up', we will explore how we can cultivate and develop our own intuitive wisdom to meet the many and varied challenges of our everyday lived experience.

Our group will explore how we relate to others, what we can learn about ourselves to better understand and catch our habitual reactions and to experiment with doing things differently.

We can learn to trust what we instinctively 'know', our gut responses, and integrate this together with what our 'heads' are saying to respond to challenges in ways that help us and those around us to grow and find a new way forward.

### THE FACILITATORS

#### ANNE PETTIT

Anne is a senior Gestalt Psychotherapist, Supervisor and Trainer and is the founding director of Gestalt Centre Wales. . With over 30 years experience in this field, Anne offers her own unique experiential and relational approach to group work that creates a safe and deeply respectful container to support the work and explore challenges together.

#### GREIG WILKINSON

Greig is an experienced Gestalt trainee who has a passionate interest in Whole Intelligence and has developed an aptitude for facilitating group explorations. Greig has worked alongside Anne and Malcom for the last 2 years and combines his grounded life experiences with his Gestalt and whole intelligence learning to offer an accessible and inclusive approach to group work.

### SUPPORT

A core value of our program is to provide support to enable challenges to be explored safely; cultivating personal development and growth.

### STRUCTURE

This is a 6 week roll-on roll-off program. Each individual is invited to complete a 6-week cycle with the opportunity to continue into the next cycle, supporting a spiral learning approach for new group members.

### VENUE AND COST

The group will meet every Thursday evening from 6:15pm -8pm at:

The courtyard,  
Gestalt Centre Wales, Chepstow, NP16 5HH

6 week programme paid in full: £90  
(£15 per session)

### HOW TO BOOK:

Please contact Anne to register your interest.

Places are limited and we will let you know when a space is available for you .

### CONTACT:



- ANNE PETTIT:
- [gestaltcentrewales@gmail.com](mailto:gestaltcentrewales@gmail.com)
- 07863 976833

