



**Renaissance
Training**

Rediscover yourself

www.renaissancetraining.co.uk

Are you at a crossroads?

Would you like to learn more about yourself and others?

Would you like to enhance your personal and professional relationships?

Are you at a crossroads in your life or career, and not sure what to do next?

Women at a Crossroads is starting again in May 2024, and may be just what you are looking for!

These six half-day workshops, held on Tuesday mornings once a month, can support you to explore the challenges and opportunities you are facing, together with other women who are looking for a new direction.

- Each workshop will be fun - and challenging
- You will come away with insights and strategies for moving forward
- The environment will be totally confidential and safe

What participants said about last year's course

"Time to reflect, and learn about myself and those who I interact with often."

"An easy to engage with, but thought provoking and useful course for better understanding oneself and those around you."

"To anyone thinking about joining the course - do it! Do it for yourself, and do it for the people you love!"

Dates and details of the workshops are [overleaf](#)

Timings: 9:30am start; 12:30pm finish

Venue: 1975 Winebar, 4 Gobbitts Yard, Woodbridge IP12 1DD.

Numbers: Limited to 6 maximum

Cost: £360 in advance for all six sessions
£300 if payment is made in full by April 23rd

If you want to join the course, but find the price daunting as a one-off payment, please contact me to talk about a payment plan that will work for you.



Jenny Labbett

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Workshop 1: Tuesday 7th May 2024

Communicating effectively

Do you (like me) sometimes hear voices in your head? Don't worry, it's completely normal! Often, when we are attempting to learn something new or operating outside our comfort zone, messages from years ago pop into our heads and impede our progress.

"You shouldn't be doing that!"

"That's far too difficult for you."

"Don't even try - you're wasting your time."

Ring a bell?

These are echoes from our childhood. Some of the parental messages we received when we were little were positive and encouraging, but we tend to remember the ones which weren't. Later in life, in certain trigger situations, those messages can be replayed, and we revert to acting as though we were back in that parent-child relationship. This explains why we sometimes find ourselves reacting badly to other people, or feeling threatened or cowed by others' behaviour.

This workshop looks at the Parent, Adult and Child ego states. It explores where our self-limiting behaviours come from, and how we can work to express ourselves and take back control. Do you struggle to get your voice heard in a group situation, or to disagree with the speaker? You may be returning to your over-adapted child, too scared to speak out and express yourself. This workshop will show you how to identify and manage these feelings and become the confident, capable adult you really are.

Workshop 2: Tuesday 18th June

Doing it my way...

We all have different ways of working and none of them are right or wrong. You may be the kind of person who loves to be methodical, dotting every "i" and crossing every "t" and cross-checking everything against a comprehensive list. This makes you extremely organised, but it may also mean that some of your jobs never get finished. Someone else may throw themselves headfirst into a task and race against the clock to get it done. However, they might leave out the vital checking stage and end up with lots of mistakes.

Imagine these two people with their wildly differing 'working styles' being put on a team together. It's fairly likely that they will rub each other up the wrong way and that there may be fireworks! And not the fun kind.

There are a number of working styles, all of which have their advantages and disadvantages. In this workshop, I will help you to find your preferred working style, or styles, and you will begin to identify the working styles of the people you live or work with, which may be quite different from yours! There may be a number of "aha!" moments as you realise just why it is that you struggle with certain kinds of work colleagues or family members.

As the workshop progresses, we will examine the way in which we can use our preferred working styles to our advantage. Further, we will begin to understand other people in a deeper way, helping us to achieve better and more productive outcomes for them and for us.

Workshop 3: Tuesday 16th July

Going round in triangles

We've all met them – the bullying boss; the colleague who sits back and lets you do all the work then takes the credit; the friend who never seems to be able to take your advice on all her many issues and keeps draining you with her demands. People like this can seriously affect our productivity and our mental health. We may ask ourselves, "what is going on here? Why I am locked into this situation? I feel helpless."

Take heart. There is a way out and once you understand the true nature of the position in which you find yourself, you can take action.

In these situations, what has happened is that we have been hooked into a Drama Triangle. There are three positions on the drama triangle: Persecutor, Victim and Rescuer. You may feel persecuted by your boss and become a victim; you may resent the colleague who is taking the credit, and become persecutory yourself; you may find you have become a rescuer with your friend, always agreeing to 'help' and never saying "no".

We will look at some of the drama triangles we find ourselves in, (which we slip into out of habit and out of awareness). We will also look at the Winners' Triangle, where we can choose to position ourselves on a much healthier triangle with far better outcomes for ourselves and others.

Workshop 4: Tuesday 10th September

Dealing with change

As human beings, we are generally not fans of change. We like our comfort zones and being pushed out of them by external forces can be uncomfortable and frightening. However, in life, we all experience significant change points. Starting a new job; having a baby; getting divorced, the children leaving home, being made redundant - any of these can put us into a new and scary place where we don't feel in control.

This workshop will help you understand how you can take back the control you may feel you have lost. Understanding the stages we go through when faced with any significant change can help us to be more resilient and more accepting of the process involved in re-balancing our lives.

We will be working with a model called Cycles of Development, which looks at the stages of child development, from birth to adulthood, and enables us to use our understanding of those stages when we are facing, dealing with, and moving on from changes in our adult lives.

Workshop 5: Tuesday 8th October

Our place in the world

“If you can keep your head, when all about you are losing theirs and blaming it on you...”

(You may be familiar with this quote from Rudyard Kipling’s poem “If.”)

In this session, we look at what happens when we are dealing with difficult people and challenging situations, as we all do from time to time. Whether it’s an awkward work colleague, a difficult mother in law or a needy friend who always rings just as you’re getting into the bath, it can be tricky to deal with them in a present-centred and OK way.

Is your pattern (or habit) to withdraw in that situation, or to confront the person, or to do something else? (There is no right answer!)

How do we view the world, and our place in it? Is our own life position based on feeling OK or not OK ourselves? Is it based on thinking that other people are not OK?

We will explore how we can keep ourselves in an OK place, when others clearly aren’t. And that’s hard. This workshop will give you the tools to put yourself in a position of strength and confidence, able to protect your own mental health even when others are draining you (without necessarily meaning to).

You may be surprised at some of the insights you make.

Workshop 6: Tuesday 5th November

Re-writing our story

Everyone has a life story (or script) we carry with us. Most of us still have the one our parents or caregivers wrote for us when we were very young. Now that we are adults, it doesn’t serve us anymore, but still those words from the past are lodged in our subconscious.

This workshop is about looking at those words we carry with us. It draws on the subjects we have looked at in the previous workshops, and begins to bring everything together, so we can understand ourselves - and others - better.

We look at the patterns of thoughts, feelings, and behaviour we have adopted, and how some of them (such as limiting beliefs about ourselves) can be unhelpful, and can hold us back from achieving the things we want to do, both at work and in our personal lives.

This workshop has the potential to be truly life-changing as we shine a light on the words that we have sucked in or which have been imposed on us from a very young age, and we examine what other options are available to us. We can begin to re-write the myths we have about ourselves.