

Calendar of Events 2012

Events for those interested in their health and well being

Dorking Local Support Group

What's on, where and when and for whom?

Below are the events for the next half-year for the local support group of the FHT. The events and talks are open to everyone; FHT members, members of other therapy associations and the general public. Many of the talks lead onto full day or weekend workshops for those wishing to take certain subjects a little further. The entrance fee for each of the talks is now £5 for FHT members and £6 for non-members.

Date: 28th February 2012
Venue: Lucis College, The Coach House, 38a Knoll Road, Dorking RH4 3EP
Time: 7.30 – 9pm
Topic: Basic Sales and Marketing for Therapists

Need inspiration to find ways to increase business? This short presentation is aimed at inspiring you with new ways to refresh your client base. Presented by Louisa Lawrenson and Shirley O'Donoghue

Date: 15th March 2012
Venue: Lucis College, The Coach House, 38a Knoll Road, Dorking RH4 3EP
Time: 7.30 – 9pm
Topic: Myofascial Release Therapy

Gateway Tutor Cathy Alderton will be giving an informative talk on Myofascial Release, which works on the connective tissue that surrounds the muscle fibres and restricts movement of the body when stuck. MFR is ideal for everyone, including fibromyalgia and chronic pain syndrome as it is very gentle and effective

Date: 15th May 2012
Venue: Quaker Meeting House, Butterhill, South Street, Dorking
Time: 7.30 – 9pm
Topic: Realise your true potential through goal setting and goal mapping by Ian Oakley



Goal Mapping is a process that powerfully impacts your visionary goals upon your subconscious. The process is a combination of ancient wisdom and modern accelerated learning techniques, woven together with success principles into one holistic system, which appeals to everyone, every age and every ability.

Where traditional 'Goal Setting' techniques focus on left-brain words and endless repetition, **Goal Mapping** uses imagery – the language of the subconscious. It is the master skill for achievement in all areas of life: without doubt, the most powerful life empowerment programme for individual, personal, or corporate achievement.

Goal Mapping is a unique, multipurpose human empowerment tool. It can be applied in a number of ways to achieve a variety of different objectives: mapping, tracking, brainstorming, unifying, and future projecting. Every area of life – like any area of an organisation – needs to be goal orientated for success.

So come along and enjoy this somewhat brief excursion into the visions of your sub-conscious and hopefully you'll re-discover a wonderful journey.

Note: Please bring coloured pens/pencils for this talk

Please Note:

If you have just picked up this leaflet from a clinic or retail outlet you may be wondering what all this is about. The **Dorking** local support group is for practitioners, students or people who just have an interest in complementary health, fitness or beauty. You do not have to be a member of the FHT to attend, however to find out more about our association visit our web site at www.fht.org.uk or call 0844 875 2022.

Should you have friends who might be interested please bring them along, for more information telephone **Danielle Weaver** on **07905470941**. No need to book unless otherwise stated, just turn up and enjoy.