



Federation of Holistic Therapists
The UK's largest professional therapist association

FHT Calendar of Events 2012

Events for those interested in their health and well being

Elgin, Moray Local Support Group

Below are the events for 2012 for the local support group of the FHT. These **Talks are open to everyone**; FHT members, members of other therapy associations and the general public. **The entrance fee for each of the talks is £5 for FHT members and £6 for non-members.**

PLEASE NOTE NEW VENUE: Red Cross Centre.

Date : Monday 6th February 2012
Venue : Red Cross Centre, Maisondieu Road,
Elgin IV30 1RX
Topic : **Feel the Fear and Do It Anyway®.**
Speaker : **Cathie Way**

“These are workshops aimed at making life changes. For the first time in 20 years, Susan Jeffers international best selling self-development book *Feel the Fear... and Do It Anyway®* is available as a tutored workshop.

Throughout the short, introductory workshop you will learn strategies to help understand their limiting beliefs, empower them to cope with challenges, help them to overcome fear and self doubt and to make decisions that will improve their lives.

Objectives of the Workshop. You'll learn how to:

- Understand the concept of fear and how to handle it
- Make dreams become reality through making positive decisions
- Change your reactions to situations

If you want to find enthusiasm, direction and purpose in life, , then why not join us to learn tried and tested techniques that have helped more than 12 million people worldwide overcome their fear.

Your tutor, Cathie Way is passionate about positive thinking and personal development. Her own personal journey to success in this field started by attending a workshop just like this one! Cathie is now delighted to be licensed to teach by Susan Jeffers.

A full, one day workshop is available to individuals and organizations. For further details, contact Cathie on:

Tel: 07942 800 800 E-mail: Cathie@affirmints.co.uk



Federation of Holistic Therapists

The UK's largest professional therapist association

Date : Monday 16th April 2012
Venue : Red Cross Centre, Maisondieu Road,
Elgin IV30 1RX

Topic : Swallowing... Piece of cake, right??

Speaker : Wendy Corner

Ever considered what actually happens when you swallow? This is a totally natural process that we all take for granted but sometimes it goes wrong with some dramatic consequences!

Come and explore this rather useful process in an interactive workshop-type evening when we'll look at what differences the different foods/fluids make, what to look out for if things are going wrong and who to refer on to if you are worried re one of your clients/family member/friend.

Date : Monday 4th June 2012 at 6.30pm
Venue : Red Cross Centre, Maisondieu Road,
Elgin IV30 1RX

Topic : Enlightening the Soul to move Forward as One

Speaker : Ann Miller

As the vibrations on the planet rise and the bodies adjust to this new influx of higher vibrational energy many new ways of moving forward are coming into play.

Celestial Heart Energies are one of these vibrational energies for this new exciting age of man's evolution into unknown territories. During this talk we will explore how we are required to start removing the veils we have personally put in place to prevent us being who we came here to be and how the game we have been playing throughout time is slowly coming to an end and how we can each help to move all forward at this time.

This is no longer the time for doing everything for the egotistical self, rather it is the time for supporting each other through the times ahead, being there to offer a hand of support and being willing to accept a hand yourself.

Are you ready to take the step forward and start to be the being you came here to be?
Then this is the talk you have been waiting for.



Federation of Holistic Therapists

The UK's largest professional therapist association

Date : Monday 6th August 2012 at 6.30pm
Venue : Red Cross Centre, Maisondieu Road,
Elgin IV30 1RX
Topic : Osteopathic Practices
Speaker : Elizabeth Robinson & Deborah Sutherland

Moray Osteopaths is one of the most well established osteopathic practices in the North of Scotland, currently with a staff of three Osteopaths based over two clinics. Our Osteopaths are dedicated to offering a tailor made treatment specialised to each of our patients using a range of techniques and exercises. Moray Osteopaths are committed to excellence in all aspects of Patient care and we regularly refer to other therapists. Our talk will include an explanation of what Osteopathy is and who can benefit from it.

We will also give a brief demonstration of some of the techniques that may be used in our treatments.

Date : Monday 1st October 2012 at 6.30pm
Venue : Red Cross Centre, Maisondieu Road,
Elgin IV30 1RX
Topic : Wellness Coaching
Speaker : Lisa Esslemont

Lisa Esslemont - 'Wellness Coaching' brings a wealth of business experience from many backgrounds and industries. She is a successful manager offering over 20 years knowledge of executive business management services. But it has been her passion for wellness and health that saw Lisa embark on her own bespoke wellness coaching accreditation after finding it impossible to find a course that would fulfil her interests and support her values and beliefs. This challenge was met as she was granted the first such professional certificate from Strathclyde University in November of 2009.

Lisa now focuses most of her time on wellness coaching; supporting and encouraging others to listen to their own wellness within and live by their values and beliefs, not others or societies. Through the use of unique tools and coaching techniques, this holistic approach helps clients' to discover the areas in their life that require nurturing and by bringing this to the forefront of her client's priorities, Lisa believes this enhances personal and working relationships, performance and even existence.

This evening will be a fun and interactive session where you will hear more about what Lisa believes are the key influences that drive our inner wellness and balance. You will explore what wellness means to you personally, why we would bother to embrace the wellness culture in the first place and how wellness coaching can complement many different therapies to create optimum health. Web site ~ www.sovirtual.co.uk



Federation of Holistic Therapists
The UK's largest professional therapist association

Date : Monday 3th December 2012 at 6.30pm
Venue : Sunninghill Restaurant, Elgin
Topic : Christmas Dinner / Party TBC

If you are not a member and want to find out more about the FHT then click on
www.fht.org.uk

For any further information telephone **Sandy Combe** on **01343 850087**. If you want to join the meetings there is no need to book unless other wise stated, just turn up and enjoy.