



Meeting Needs: creating well-being



April 5, 2014



An introductory workshop

(The full weekend course takes place at Woodbrooke, May 30, 31 & June 1)

Building deeper understanding of ourselves and relationships with others within Quaker communities and society as a whole

How do we recognise the 'needs and gifts' of others, not forgetting our own?

Participants will be introduced to the 'human givens' and how this approach helps build deeper understanding within Meeting, relationships and society as a whole. We will explore, through fun and interactive exercises, how our emotional needs are central to wellbeing: and how, practically, we can help ourselves and others get their needs met.

When we can consider one another in terms of our shared humanity, our perceptions and perspectives can truly open, nurturing one another in a caring and just society.

Location: The Cygnet Theatre, Exeter, EX2 4AZ

Time: 10.30 - 4pm

Facilitators: Sue Saunders MSc, MA, HGDipP, FHGI
Carol Harper MA, HGDipP, MHGI

Open to everyone. Places limited. Donations welcome to cover costs.
Bring your own lunch: tea and coffee will be provided.

Please register your interest asap to:

Carol Harper: 01364 631044 / 07745 220874

All of us in the meeting have needs.... But we cannot be aware of each other's needs unless we know about each other.' Britain Yearly Meeting QF&P, 12.01

Although we often hear about the necessity of meeting human needs, by finding definition for them we are better able to measure our own wellbeing and offer support for others at any stage in their lives.

With 25% of the population likely to suffer from emotional difficulties and mental illness, the course will help shed light on how we can work towards creating a better society. Friends have long been pioneers in promoting better ways of understanding mental health and emotional well-being. Understanding the 'human givens' continues in that tradition.

Based on an idea that is already being used successfully in schools, businesses, diplomacy and healthcare settings, this is designed as an experiential course of interest to anyone who has a concern for the welfare of others.

The group will be given the opportunity to practice relaxation techniques, both guided and in private. We will look anew at the importance of quietening busy minds and centring ourselves to access our own inner light and strengthen us in helping others.

Facilitators:

Sue Saunders, MSc, MA, HG Dip P, FHGI.

Sue is a Human Givens Practitioner, a Fellow of the Human Givens Institute and is a member of the HGI Board. She has applied the human givens approach in both her private practice and with groups, giving courses and presentations to businesses, educators, parents, students, health professionals, from topics as diverse as exam prep, parenting, team working and management both on site and at the Dublin Human Givens Centre.

She is a member of Monkstown Meeting where she is currently an overseer and also member of the Dublin and Ireland Peace Committees.

Carol Harper MA, HG Dip P, MHGI

Carol is a professional Human Givens Practitioner. Applying human givens and Quaker principles, she works therapeutically with private clients as well as delivering training, facilitating workplace mediation and providing trauma treatment for ex-military, often in prison. She joined the Society of Friends while living in Canada and transferred to Sidcot Meeting in Somerset where she served as an overseer and on children's committee, as well as on the Committee of Management at Sidcot School. Carol has recently transferred membership to Devon Area Meeting.