

Adlerian Network of Ireland  
Autumn Workshop 2011



How to Get the Best from  
Yourself and Others

Saturday 19th November  
2011  
Resource Centre  
Clonmel  
9.30 - 4:00 pm

The course is facilitated by  
Catherine-Ann O' Connell, a lecturer  
in Adlerian Psychology in LIT-  
Tipperary.

Catherine-Ann is passionate about  
the common sense psychology of  
Alfred Adler. She loves working  
with groups and delivering  
empowering, fun and life-changing  
training.

- Do you want the best  
from yourself and  
others?
- Are you trying to make  
some changes in your  
life?
- Do you sometimes get  
discouraged?
- If so, come along and  
experience a day bathed  
in encouragement.

At this workshop, learn  
about Alfred Adler's  
concept of encouragement,  
how to recognised your  
strengths and gifts, how to  
help others achieve their  
potential.

We will use visualisation,  
group work, discussions and  
activities to explore the  
concept of encouragement.  
You will leave feeling  
stronger, more able to make  
changes, cope with life and  
of course feeling hugely  
encouraged!

Cost: € 50 A. N.I. members  
€55 non-members

To book your place -  
Complete the registration  
form and return with fee  
to:

The Secretary, A.N.I.  
Resource Centre  
Kickham Street  
Clonmel

Phone 086 3989513

Name: \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Phone: \_\_\_\_\_

[www.adler.ie](http://www.adler.ie)