

## Unplug the Devices and Talk

Facilitated by  
**Michael Fitzgerald**

**Sunday 26th April 2015**

St. Oliver's Centre  
Glenconnor  
Clonmel  
Fee: €50

9.30 am - 5:00 pm



### The Workshop

How much do we really talk to each other?

With the TV, the laptop, the tablet and of course the phone we believe we are 'connected' but to what or to whom?

Have we become voyeurs of lives....watching, who ate where, who is on holidays with whom, and reality TV because of course we don't live in reality!

And of course with everything at our fingertips from shopping, to gambling, to box sets and pornography, the internet has taken care of it all.

On Sunday the 26<sup>th</sup> of April we are going to look at the connections we can make without the devices and rediscover how to make better personal connections.

**Michael Fitzgerald** lives and works in Dungarvan, Co Waterford as a Counsellor, an Eating Disorder Practitioner and Life and Business Coach. He has a Degree in Psychology and loves to teach yoga.

Michael is an Adlerian Therapist, but uses other complementary therapies including Jungian therapy, Transactional Analysis, and Humanistic therapy. He has worked in the education system, youth service, as a lecturer, with people with special needs and as a counsellor trainer.

If he is not spending time with his family he is on his yoga mat, cycling, walking in the mountains or swimming in the sea.

### To Book Your Place:

Complete the registration form  
and return with fee to:

The Secretary,  
A.N.I. Ltd.

Resource Centre  
Kickham Street  
Clonmel

***Closing Date: Friday 17th April***

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

Address \_\_\_\_\_

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

Email: \_\_\_\_\_

Phone No. 086 3989513

Email: [info@adler.ie](mailto:info@adler.ie)

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

## **Adlerian Network of Ireland**

Resource Centre,  
Kickham Street,  
Clonmel,  
Co. Tipperary

Phone :086 3989513  
Email: [info@adler.ie](mailto:info@adler.ie)

