



Another 5 Ways to work with the Inner Child Programme (subject to change)

- 09.30am** Welcome
- 09.35am** Introduction: How today is going to run
- 09.40am** **Left/Right Hand Dialogues**
- 09.50am** Take a Moment :
Questions – What did you love doing?
- 10.00am** **Using Photographs**
- 10.05am** Dreams & Expectations
- 10.10am** Take a Moment :
Questions – What did you think I would become?
- 10.20am** **Buddy Group 1**
- 10.35am** Break
- 10.40am** **Working with the Core Needs Cards**
- 11.00am** **Comments and Questions**
- 11.10am** **The Rejected Child**
- 11.30am** **Buddy Group 2**
- 11.45am** Break
- 11.50am** **Working with The World of the Inner Child cards**
Including Video Demonstration
- 12.10pm** **Comments and Questions**
- 12.20pm** **My Child Self – Past, Present and Future**
- 12.40pm** Take a Moment :
Questions – What future would make you happy?
- 12.50pm** **Buddy Group 3 – including time to say Goodbye**
- 12.55pm** Information and Resources
- 13.00pm** Finish

