



Innate Health Education and Resilience Training

Spring 2019

Courses

Re:Think Resilience Foundation Wednesday lunchtime

10 Jan - 14 Feb 1.00 - 2.00pm

Live On-Line - 5-week course

Terry Rubenstein

£120 / **Free** for IH PLUS members

Sign-up required

CPD Accredited Course

Re:Think Resilience Next Step Wednesday evenings

25 Feb - 25 March 8:00 - 9.30pm

Live On-Line 5-week course

Debbie Fisher with Guest Webinars

£120 / **Free** for IH PLUS members

Sign-up required

Romantic Revolution

28 Jan - 28 Feb

Precorded & Live Q&A

Terry & Brian Rubenstein

£80 / **Free** for IH PLUS members

Sign-up required

Special events



Two Day Introductory Seminar

With Terry Rubenstein

13-14th January, 9am - 5.30pm

£199 (Pre-booking essential)

In-person London venue (tbc)

April dates available now

Drop-ins

8 - 9.30pm £5.50 Pre-book / £8 door

Tuesday 8th January

re.think habitual patterns

John Scott & Katherine Chidiac

Tuesday 22nd January

re.think resistance to change

Rudi Kennard &

Julianne Del Cano-Milstead

Tuesday 5th February

re.think talking to teens

Dana Arenson & Stacey Levine

Tuesday 26th February

re.think body image

Terry Rubenstein

Tuesday 12th March

re.think anxiety and stress

Debbie Fisher & Guest

Tuesday 26th March

re.think the pressure of getting it right

Shoshana Kahan & Guest

One-to-one sessions

For young people, individuals and couples enabling you to integrate this new learning into your everyday life. 4-Day individualised "Intensives" provide an excellent opportunity for deeper learning.

Contact Shoshana Kahan

shoshana@iheartprinciples.com



Your personal learning journey... **£25 per month. No lock-in. No contract.**
Courses, webinars, discounts and one-to-one mentoring

www.iheartprinciples.com

The IHEART centre 66 Brent Street, London NW4 2ES 020 8912 1216

IHEART is a project of Innate Health (registered charity: 1173025)



**re.discover
true psychological
freedom**

**i beyond
programme**

**10 month immersive programme
led by Terry Rubenstein and Stacey Levine**



inspired to share?

**3 Day IHEART Facilitator Training. 24-26th February 2019
May & Oct 2019 dates available. Contact jeremy@iheartprinciples.com**



**re.discover
resilience
& wellbeing**

**Foundation Course
Starts 10th January 2019**

**Next Step Course
25th February 2019**