

NEWSLETTER

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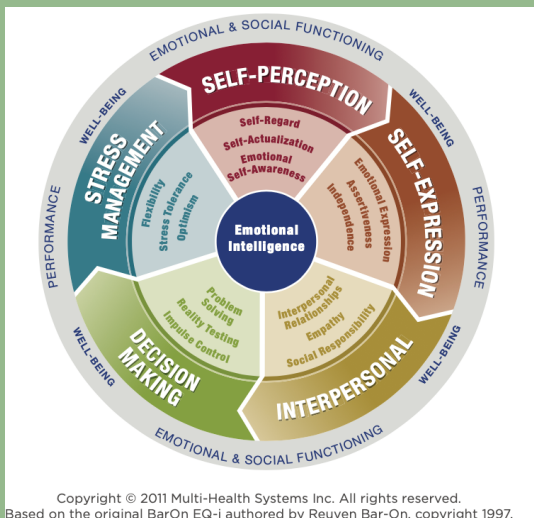
MARCH - SPRING IS IN THE AIR



We are so humbled and blessed, this month as we celebrate our Birthday!
Daru Therapy Centre is a year in business this month...
We will be marking this with some new workshops & In-Person programs this spring.

It's important to mark the milestones, little ones and big ones.

Starting this month we are focusing on Emotional Intelligence, EI



Emotional Intelligence, EI, what is this?

EI it is you, the character that makes up you.

How we manage stress, make decisions, adapt, react to change & face reality.

It is how you engage & listen to others. It is your mechanism to be humble, genuine, honest & live a less stressful, more balanced life.

Emotional Intelligence is something you can strengthen, build upon & improve.

An EI assessment is a simple online questionnaire, asking some to-the-point clear questions that will capture who you are in that moment.

The follow-up consultation will give you a real scientific insight into your strengths and areas for growth.

Connect with us today to learn more & book your EI assessment.

THE EMOTIONALLY EFFECTIVE LEADER WORKSHOP



Interactive, Engaging and creative learning experience to explore and understand EI

Focusing on how Emotional Intelligence and Leadership intertwine.
Examine how the 5 key composites of EI are your keys to more effective leadership.
Engage your core strengths effectively, set up goals to build & grow other areas.

Key takeaways are your Leadership report, an action plan for success, a workbook to support your growth beyond the workshop & your copy of The EQ Edge.

EI Assessments & workshops are run by our own licensed practitioner, Karl Hanley.

Special Birthday pricing applies, connect with us today to book your workshop day!

RESOURCES



EMDR - Eye Movement Desensitization and Reprocessing Therapy

Since we started doing EMDR, it has been a huge success and well received by clients.

EMDR is an extensively researched, effective psychotherapy method proven to help people recover from trauma and other distressing life experiences, including PTSD, anxiety, depression, panic disorders & pain management.
EMDR can be done both online & in person.

Connect with us today and book your EMDR consultation.



THOUGH THE SEAS MAY BE ROUGH,
THE CLOUDS HEAVY, THE FUTURE
UNCERTAIN, KNOW THIS

BRIGHTER DAYS LAY AHEAD, PERHAPS
NOT WHEN YOU DESIRE, THOUGH, IN
OUR HARDSHIPS WE LEARN, WE
GROW.



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