

CREATING PEACE & BALANCE AFTER AN ABUSIVE  
RELATIONSHIP - WORKSHOPS & RETREATS FOR WOMEN

2020 EVENTS

# WORKSHOPS & RETREATS EVENTS OUTLINE



---

**PREPARED AND PRESENTED BY**

JANE SLEIGHT-LEACH  
COMMENCING JANUARY 2020

---

# ABOUT JANE SLEIGHT-LEACH

## CERTIFIED PRACTITIONER:

EFT - Emotional Freedom  
Techniques

Advanced Evidence Based EFT for  
Trauma

Matrix Reimprinting - 5 levels

## SPEAKER

FACILITATOR - Retreats and  
Workshops



Jane is the Founder and Lead Facilitator of The Life 2 Project. She has been facilitating groups, workshops and retreats using Energy Psychology methods since 2012. She is certified in several highly effective techniques that support her vision to assist people to release past trauma, and to overcome personal challenges and difficult emotional states.

She has developed her skills over time to now specialising in post crisis work with women who have experienced domestic and family violence. This area of work is a particular passion for Jane, having had lived experience and deep insight into abuse dynamics. She has a very broad range of experience with many clients and a wide spectrum of individual issues.

---

# THE ISSUES FOR WOMEN POST-CRISIS

## LONG TERM EFFECTS, ON HEALTH, FINANCIAL INDEPENDENCE AND SOCIAL ENGAGEMENT

There is a dire need for long term recovery strategies and for effective self-help techniques to be made available for women who have experienced abuse and who are attempting to move forward with life. Countless thousands of women, and their families, need help to recover from the trauma of violence and abuse. post crisis.

There is a common misconception that once a woman has left an abusive relationship her problems are over. However, nothing could be further from the truth.

For many women who have experienced family and/or domestic violence, the long-term effects are debilitating and often continue long after the abuse itself has ended. Of the hundreds of thousands of women throughout Australia affected, up to 85% of them are likely to develop a post-traumatic stress disorder (PTSD) leading to a myriad of other adverse mental and physical health consequences for them and their families.

Women who leave an abusive relationship can face a bleak future because the long-term effects of their ongoing mental, emotional and health issues can lead to a range of other psychological and emotional problems such as difficulty concentrating and focusing, lack of self-esteem, a sense of shame, misplaced feelings of guilt, social disengagement, and a loss of independence and confidence. These in turn affect their and their families' social and economic participation in the community and their ability to regain their financial and social independence.

The impact of family and domestic violence is not confined to one generation. In many cases, children may have also witnessed or experienced violence, or been affected by the trauma caused to their mother. Recent studies into Adverse Childhood Experiences (ACE) have shown that the more types of childhood adversity a person experiences, the higher their risk of chronic disease, mental illness, perpetrating violence, being a victim of violence, substance abuse, addiction and a range of other consequences for their future.

The Life 2 Project intends to support meaningful change in the futures of women who have experienced abuse.

"I had anxiety,  
stress, was recovering from a suicide  
attempt, I had extreme trauma with PTSD."

NICOLE, VICTORIA



---

# ADDRESSING STRESS & ANXIETY

TAILORED PROGRAMS CREATED FOR THE UNIQUE NEEDS OF WOMEN WHO HAVE EXPERIENCED ABUSE. EXPLORATION AND RELIEF OF STRESS & ANXIETY WITH HANDS-ON TECHNIQUES TAUGHT IN AN EASY TO LEARN AND IMPLEMENT FORMAT.



Chronic stress and anxiety are at epidemic levels, especially for women who have experienced abusive relationships. 85% of these women are suffering post traumatic stress.

Our events can be tailored to work with groups from varied backgrounds with specific focus on rebuilding self-value, self-esteem, and building self-care into a habitual practice. We teach how to strategically and effectively manage stress, anxiety and negative patterns to create peace and balance, empowering individuals to understand, recognise and work with their own emotional state in the moments when stress takes over.

**POWERFUL STRESS  
MANAGEMENT TECHNIQUES  
THAT CAN SUPPORT  
INDIVIDUALS AND FAMILIES  
EVERY DAY WHEN IT'S  
NEEDED MOST.  
EMPOWERING INDIVIDUALS  
TO RECOGNISE,  
UNDERSTAND AND WORK  
WITH THEIR OWN  
EMOTIONAL STATE.**



---

# CUTTING EDGE TECHNIQUES

TAUGHT BY AN EXPERIENCED FACILITATOR



**INTRODUCING EFT**  
EMOTIONAL FREEDOM  
TECHNIQUE



**PRIORITISING  
WELLBEING**



**EFFECTIVE TOOLS**  
AT YOUR FINGERTIPS

EFT is being increasingly researched and used as an effective intervention in many emotional and physical issues. It combines elements of exposure and cognitive and somatic stimulation with often startling results.

Developed originally from Thought Field Therapy, it is often referred to as 'Tapping' as it uses a two finger tapping process on acupressure points, while simultaneously using a cognitive acceptance statement. EFT has been researched in more than 10 countries, by over 60 investigators, whose results have been published in more than 100 different journal articles.

Research is showing dramatic improvements in areas such as mental health, personal and professional relationships, business/career development and pain management, to name a few.

EFT is found across the globe in many countries and is being used in hospitals, schools psychotherapy clinics, on sports fields, in business and personal coaching practices, with military veterans, with PTSD sufferers, with families, and many other situations and places where people need emotional support.

Users of EFT are gaining relief from many conditions and issues such as anxiety, stress, depression, over/under weight, physical pain, allergies, phobias, negative beliefs/thinking patterns. The results of clinical studies into the relief of PTSD symptoms is particularly relevant. You can In fact try EFT on any issue you have; it is safe, gentle and easy to learn. Perfect for anyone who needs to maintain balance, clarity and focus and work through regular challenges.

---

# 2020 WORKSHOPS & RETREATS

All participants learn and integrate EFT as an effective tool for everyday use, both for themselves and loved ones.

These workshops & retreats have been specifically designed for women who have been successful in leaving abusive relationships. During these unique events participants join in group sessions with our skilled practitioners and learn new hands-on skills to be able to handle stress and challenges as they arise in the future. In the **10 week program** each session builds week by week, through a structured program which allows the gentle unlayering of thoughts, feelings, beliefs and perceptions that may be unhealthy, damaging and limiting, relating to past trauma.

Our **1 day workshops** are designed as a deep dive into the challenges that women are faced with after experiencing an abusive relationship, specifically the ability and willingness to meaningfully engage in self-care. We uncover and change the deeper conditioned thinking that prevents women from truly valuing themselves.

Our **3 Day Retreats** are a full immersion experience fully inclusive of catering & accommodation, and is a deeply nurturing & carefully designed program over a 3 day weekend.

Participants of our retreats & workshops take away a transformed perception of themselves and their experiences and increase their ability to self-care.

## EMPOWERED LIVING IS THE GOAL

Our intention for all of our participants is for them to come to the realisation that their emotional state can be quickly and easily balanced and that they have the power to create calm and balance at will. Challenging situations are part of life but stress and anxiety do not have to be permanent states of being. We do not have to simply "cope" in times of distress. We can take control, set intention and live in a way that we choose, not default to. We strive to support the process for our participants to uncover deeply held negatively impacting beliefs and patterns of behaviour and to create new and more positive ways of being. This then flows into all areas of life and enables true empowerment to be felt and embodied.





# WHATS AVAILABLE

CHOOSE THE BEST OPTION FOR YOUR GROUP TO LEARN AND INTEGRATE CUTTING EDGE TECHNIQUES AND STRATEGIES FOR WELL-BEING.

	DURATION	AVAILABLE FROM
<b>1 DAY WORKSHOP</b>	9.30 AM - 4.30 PM	JANUARY 2020
<b>10 WEEK WORKSHOP SERIES</b>	2 HOURS PER WEEK	JANUARY 2020
<b>3 DAY RETREAT</b>	3 DAY WEEKEND	JANUARY 2020

---

# 1 DAY WORKSHOP

**PACED, FREE FLOW EXPLORATION OF  
TARGETED ISSUES WITH HANDS ON  
SKILLS INTEGRATION AND REAL TIME  
RESOLUTIONS.**

With 6 hours of focused in depth exploration, identification and release of barriers to meaningful well-being, this workshop is a gentle and effective process of uncovering the belief systems that influence our ability and willingness to self-care, introduces powerful techniques and brings awareness to unconscious harmful patterns.

Each participant learns and begins to integrate EFT throughout the day, working on individual and group perceptions, barriers, beliefs and emotional states.

Participants will:

- Learn use use and integrate EFT (tapping) as an effective and gentle technique to effectively manage stress & anxiety.
- Make effective changes to unsupportive thinking patterns.
- Understand how the mind & body respond to stress & past trauma and be in control.
- Create & embed a self care routine that supports them every day.
- Connect with the group and understand & relate to collective experiences.

Our gentle approach ensures your groups comfort throughout the day as participants build knowledge and skills, and connect with their deeper self, the group and their environment in this safe and supported space.

"This was the most  
informative and effective  
self-help workshop I've ever  
attended"

CATHY, MELBOURNE





---

# 10 WEEK WORKSHOP SERIES

## A STEPPED PROGRAM WHICH BUILDS SKILLS, UNCOVERS POTENTIAL AND INTEGRATES LEARNING

During this program of 10 workshops participants have a unique opportunity to delve into their own deeply held beliefs and experiences, beliefs about self-care, what it means to them and why they may not be engaging in self-care in a regular and meaningful way.

The group will learn, and have the opportunity to fully integrate effective techniques to explore, identify and work on releasing stress, anxiety, negative beliefs and perceptions and then practice and integrate the learnings and techniques through the following week.

During each 2 hour workshop the group reflects on their week, identifies where stress, anxiety or other difficult emotions were present and we work through them as a group, building the skills, strategies and emotional resilience to manage every day challenges.

Every week the group has hands-on practice resolving their own present issues, plus an educational component that brings awareness to the mind-body connection, the effects of stress on brain and body chemistry and many other connected subjects.

By the end of the program each participant will have built a personal self-care process that fits their needs and lifestyle, and will be connected with a community of women for social engagement and support.

**"These workshops have taught me so much about myself. I now know that I'm in charge of how I choose to feel"**

SUSAN, BRISBANE

---

# 3 DAY RETREAT

## TAILORED FULL IMMERSION RETREAT FOR YOUR GROUP TO EXPERIENCE A DEEPLY NURTURING INTEGRATION

During this 3 day full immersion participants experience the power of group work but also have the opportunity to delve deeply into their own unconscious programming in personal sessions with our experienced one on one practitioners.

The power of combining the group learning and exploration activities, educational sessions and the personal deep release work brings about fast and transformative change in thoughts, feelings behaviours and beliefs.

This full immersion weekend provides uninterrupted time and space to deeply integrate the work whilst having a collective experience and shared benefits.

Private space to work through sensitive issues with a practitioner is one of the deeply beneficial aspects of this retreat. Our nurturing space allows trust and vulnerability to be cultivated, bringing a sense of safety while working with the emotions of past events.

Several personal sessions are available throughout the weekend for each participant, and we have found that this is the deepest and most valuable aspect of the retreat format.

There is plenty of time for rest, reflection and socialising over relaxed meal times and in the evenings.

With relaxing and supportive yoga and massage included, this is a truly transformative weekend and is our signature event.

**"This was life changing for me. I  
felt so loved and safe and felt free  
to let the real me shine through,  
even the broken parts."**

KYLIE, MELBOURNE



---

# PERSONAL SESSIONS

## ONE ON ONE FOR DEEPER RELEASE

During our workshops participants experience the power of group work but can also have the opportunity to work with an experienced one on one practitioner as a follow up, to relieve specific traumatic personal memories and experiences .

The power of combining the group learning and exploration activities, educational sessions and the personal deep release work brings about fast and transformative change in thoughts, feelings behaviours and beliefs.

During group sessions issues may arise that require a private space to work through with a practitioner. It is common for traumatic and difficult memories to arise during group work that need some deeper personalised exploration and release.

Several personal sessions can be made available for each participant. We have found that this addition has a deeper and much more impactful effect allowing focused time for individual resolution of traumatic memories and experiences.

There are certain individuals who are not ready to join a group. These private one to one sessions are a perfect space for the journey to well-being to begin in a gentle, non-confrontational and self-paced personal experience.

Personal sessions may be added on to any retreat or workshop booking as a follow up service for participants. Each session is 90 minutes and may be offered in person, via phone or online via Zoom?Skype.

**"I felt like it was a safe space to  
allow me to open up and be real  
with my feelings"**

**JACKIE, BRISBANE**



---

# INTENDED OUTCOMES FOR PARTICIPANTS

- Learn and be able to implement EFT as a personal tool for stress relief, anxiety and everyday challenges, encouraging personal empowerment and responsibility. Release of stressful beliefs, perceptions and emotions creating a more positive outlook and mindset.
- Promoting peace, calm and balance every day.
- Increased self-worth, self-care and self-love.
- Long term reduction in stress responses and triggers.
- Understanding of the scientific basis of EFT and why it works
- Gain understanding of how the body and mind respond to stress, how major body functions are affected during the fight/flight/freeze response.
- A basic understanding of brain function and the effects of trauma on thinking, memory and focus.
- Embracing the importance of self-care and creating and integrating a personal well-being plan.
- Creating new habits to support and build long term emotional wellness.
- Connection, bonding and friendship with women who have had similar life experiences, leading to less chance of isolation and loneliness.

Personal follow up sessions are available that allow the exploration, processing and release of unique traumatic experiences that may not be appropriate in a group setting.

---

# SPEAKING AND PRESENTATIONS

## A RANGE OF SUBJECTS BASED AROUND HEALTH &, WELLNESS, TRAUMA AND DOMESTIC & FAMILY VIOLENCE

Jane is available to present to your team, group or students on a wide range of topics based on the human experience of domestic and family violence, the journey to wellness for those who have experienced abuse and the real, raw, everyday challenges to effective recovery.

These very broad subject headings can be broken down into more narrowly focused modules for a workshop style presentation or can be structured to create a longer session encompassing several related topics with real life examples of the dynamics, effects and ultimately the positive and life affirming changes that are possible through meaningful recovery and self-rediscovery processes.

### **Specialist subjects may include:**

- The effects of DV trauma on a student/employee in the learning/training/work environment
- Self-Care, why don't you "just do it"?
- The top 10 sabotaging beliefs that stop recovery
- The signs that a colleague or friend may be experiencing DV and how you can help
- Radical self-care as a form of activism
- What does trauma really look and feel like?
- The critical need for recovery and self-care options for women post trauma.

Contact me to discuss your needs or make suggestions for other related subjects that your audience would engage with. An interactive EFT session can be included in any presentation.

**"Jane is an engaging and knowledgeable speaker who draws on her real life experiences with powerful insight and empathy"**

**MARY, OCCUPATIONAL THERAPIST,  
MATER HOSPITAL, BRISBANE**



---

# PARTNERSHIPS & COLLABORATIONS

THERE ARE MANY WAYS TO INTEGRATE OUR PROGRAMS INTO YOUR SERVICE, COMMUNITY GROUP, EDUCATION CENTRE OR CLUB



**I HAVE PARTNERED WITH SEVERAL ORGANISATIONS TO DELIVER PERSONAL AND GROUP EMPOWERMENT AND WELLNESS SOLUTIONS FOR WOMEN ON THEIR RECOVERY JOURNEY AFTER LEAVING AN ABUSIVE RELATIONSHIP.**

## **Recent projects include:**

"Creating Peace and Balance After an Abusive Relationship" was a 10 week workshop series from July -Sept 2019 in partnership with Kingston East Neighbourhood Group and funded by Logan City Council, with a 2nd fully funded program commencing in mid 2020.

Six month program of 3-day Retreats and 1-day Workshops, delivered in 2019, to address the trauma associated with past experience of domestic and family violence in Mornington Peninsula, Victoria.



# CONTACT

---

**EMAIL:**  
**LIFE2PROJECT@PROTONMAIL.COM**

---

**PHONE:**  
**0412 200 515**

---

**WEBSITES:**  
**WWW.JANESLEIGHT-LEACH.COM.AU**  
**WWW.LIFE2PROJECT.COM.AU**

---