

## Participant's Comments

"Our Facilitators were brilliant – They were open, honest and non judgemental, warm, caring, funny and easy to talk to. It felt like we were all just a group of ladies discussing together – it felt like there was no line between the facilitators or the participants. I got a lot from this course—healing in some areas of my life has begun. I have become aware of other parts of my life that I can change – have the power to change and I am encouraged about the future – being able to put into practice the keys with the tools I have been given."

*Female (33) Name Withheld*

"When I started 'Your Choices' I had issues with fear of intimacy, internalised anger and relationship issues. Through the subjects and discussion with others in the group my issues were addressed and I am leaving knowing I can be my "true" self around others." *Male (39) Name Withheld*

"Doing this course has helped me open up more. I came with high expectations that I would deal with issues from my past. I have worked through some of these and decided to get more help as I want to be free from making bad choices that affect my life and my family close to me. I would definitely do this programme again and would recommend to others.

*Male (33) Name Withheld*

"I found it interesting to learn new things about myself and it was encouraging to talk with people that have been through similar things to myself." *Female (27) Name Withheld*

**REAL STEPS Trust**   
Empowering people to make positive **choices** in life

*Kia Ora*

We are excited to offer our programmes, courses and workshops to our local communities. This is an amazing opportunity for people to get together and learn about themselves and discuss positive ways to break unhealthy cycles that may have been caused by broken relationships, violence, abuse or trauma. We also run courses that support children experiencing grief from loss through death or family breakup.

Our course **Your Choices**, was written by Mary Ponder, the Director of IgnitionPlus. Mary has had over ten years experience as a NZ certified addiction and general counsellor specialising in abuse, depression and grief.

Each course has two facilitators who have been specifically trained in SERVANT LEADERSHIP—this is where they take a risk of vulnerability, sharing from their own experiences and aiming to connect heart to heart with participants.

*If you are interested in 'Your Choices', would like more information or would like to find out start dates, please check out our website or contact the Agency Manager.*

*Karen Fraser*

**Karen Fraser**  
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## YOUR CHOICES



**15 week Therapeutic Programme**  
Encouraging healthy life choices



An IgnitionPlus course offered through  
**REAL STEPS Trust**

# Your Choices

Your Choices is our foundational programme and has run for over 20 years with approximately 1,500 people benefiting positively from this programme. It is therapeutic by nature with discussion papers that are designed to challenge and be emotionally provocative. Each participant is encouraged to honestly look at themselves and how their issues impact their own life as well as in their relationships with others.

If you have ever experienced...

- rejection or abandonment
- control and manipulation
- major life struggles
- domestic violence
- neglect as a child
- victimisation
- traumatic or shocking life events
- unhealthy / dysfunctional family systems
- physical, emotional, psychological or sexual abuse/trauma as a child or an adult
- addiction — including adult children of an addict



...and haven't been able to talk about the tough stuff and work through some of those deeper issues, then we will get alongside you and help you break through old cycles and ways of thinking and find hope, understanding, freedom and restoration.

**We run separate men's and women's groups.**

## TOPICS

Discussion papers are comprehensive and include topics below:

### Block One:

- Process to Change
- Independence
- Rejection
- Performance
- Perfectionism
- Denial
- Powerlessness

### Block Two

- Shame and Guilt
- Isolation
- Self Esteem
- Relationships
- Communication
- Fear, Anger and Control
- Grief
- Depression
- Boundary issues
- Responsibility
- Forgiveness

Participants are asked to attend a preliminary consultation before participating in the course. This is to ensure maximum understanding and safety for the participants.

Due to the content of the material, participants have access to additional support throughout their course with individual 'support meetings'.

# Registration Form

## Your Choices Programme

Held @ **REAL STEPS Trust**—801b Main North Road, Belfast

*Next course starts:*

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Telephone \_\_\_\_\_

Cell phone \_\_\_\_\_

Email \_\_\_\_\_

### PRE COURSE CONSULTATION

Best Time for Contact: \_\_\_\_\_

### PROGRAMME FEE

**Block 1 \$90.00 Block 2 \$90.00**

**\$180 per person** includes a detailed manual and refreshments.

*You may be eligible for assistance through WINZ or Real Steps Trust.*

*Please contact directly or feel free to discuss other options with us.*

**PLEASE NOTE:** To secure a place on this course we require a **\$40 deposit** to be paid within two weeks of start date.

*This amount is non-refundable if you choose to cancel at any stage.*

Cash

Cheque

Internet Banking

Please send your registration with payment to:

**REAL STEPS Trust**, P O Box 76 160, Northwood 8548, Christchurch

Email: Agency Manager—[info@realstepstrust.org.nz](mailto:info@realstepstrust.org.nz)