

Journey to Wellness

Training & Support Programme

Application form

Name:

Date:

Is this Programme right for you?

This training and support programme will give you the understanding and skills you need to recover your health and well-being. People choose to do the training because they want to be free of illness. More than this, they want to live differently. Perhaps they want more calm and relaxation in their life, more fun and enjoyment, more confidence and hopefulness, a clearer sense of direction and purpose, or a sense of inner peace. These are the foundations for wellness.

Whatever your particular reason for choosing this programme, the bottom line is - if you want things to be different, you're going to need to change. There's no sense in doing the same thing over and over, and expecting a different result. If you want your life to be different, *you're going to need to be different.*

Are you ready for change?

Are you ready to change the way you use your mind? Change the way you look at life? Challenge limiting beliefs and old ways of thinking that keep you stuck? Are you ready to take on board new ways of understanding? New beliefs? New ways of behaving? In choosing this programme, you're making a big commitment to yourself. You need to be sure it's what you really want. Answer the questions below to help you decide.

- Are you ready for change - ready to learn new skills and ways of understanding yourself and the world? YES / NO
- Are you ready to let go of old, limiting beliefs and behaviours, and be open to new ideas and ways of being? YES / NO
- Are you committed to doing the full four days of training, including the three days of group work, the one-to-one session on day four and the home practice? YES / NO
- Do you understand that in order to effect lasting change, you need to continue practicing and learning in the days and weeks that follow? YES / NO
- Do you recognise that you're responsible for your own learning and your own recovery? Do you take full responsibility for getting results from the four days of training and the programme as a whole? YES / NO

If you've answered YES to all the questions above, then go ahead and complete the rest of the application form. If you've answered NO to any of the questions, or you're undecided, you'd be wise to think further and find out more about the programme before you commit to it.

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Section 1: Personal details

Full name:

Name you wish to be called by:

Address:

Postcode:

Tel (home):

Tel (work):

Tel (mobile):

Email:

Age and Date of Birth:

Male / Female

Occupation (present or previous):

Are you currently working?

Section 2: What you know about the programme

How did you learn about *Journey to Wellness*?

Do you know someone personally who has used this or a similar approach to recover their health?
Yes / No

If yes, what is the most important thing you have learned from them?

What do you want to achieve from doing the *Journey to Wellness*?

Section 3: Health history

How would you describe your present illness / condition?

When did it begin?

How did it start?

What effects has it had on you / how has it changed your life?

If you have a medical diagnosis, what is it? *(Please include all physical and psychological diagnoses)*

Are you currently receiving any medical / psychological treatment for your illness / condition? Please give details.

Are you taking any medications? Please list them.

Have you received any treatment for your illness / condition in the past? Please give details.

Section 4: Rating your illness

On a scale of 1 to 10, how much is **fatigue** a feature of your condition?
(1 = not at all and 10 = a great deal) _____

On a scale of 1 to 10, how much is **anxiety** a feature of your condition?
(1 = not at all and 10 = a great deal) _____

On a scale of 1 to 10, how much is **depression** a feature of your condition?
(1 = not at all and 10 = a great deal) _____

On a scale of 1 to 10, how much is **pain** a feature of your condition?
(1 = not at all and 10 = a great deal) _____

Section 5: Your Future

How confident are you that you will make a full recovery? On a scale of 1-10, where would you place yourself? (1= not at all confident; 10 = totally confident)

1 2 3 4 5 6 7 8 9 10

Please explain your answer.

When you have recovered your health, what will you put your energies into? What do you want to do with your life?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Finally, is there any other information you think it important I know about? If so, please note it below.

I confirm that the information I have provided is correct and complete.

Name

Signature

Date

Terms and Conditions & Payment Details

Cost

The cost of joining the programme is £560. This fee covers the three days of group training and the one-to-one session on day four. It also covers two telephone follow-ups and a further one-to-one session if needed. And it gives you the right to access other follow-up and support services available to *Journey to Wellness* clients.

Payment is by cheque (payable to Jan Williams) or cash. Please send a deposit of £160 with your application.

Once I've received your application form, I will acknowledge it and arrange a time to talk it over with you by phone. The purpose of this discussion is to make sure that both you and I feel confident that you are ready to benefit from the training. If we don't agree you are quite ready, I'll advise you on what further preparation you might do, and return your deposit to you. If we agree you are ready, I'll allocate you a place on a four-day training and at that point, pay in your deposit. This is refundable up to two weeks before your training. If you cancel less than two weeks before, your deposit will be refunded if I am able to fill your space.

The balance of £400 is due at the beginning of the first day of the training.

Cancellation of training

In the unlikely event of unforeseen circumstances making it necessary for me to cancel your training, I reserve the right to do so. In such circumstances I will give you as much notice as possible and you can opt for a refund, or request an alternative date for training. I will not accept liability for any losses other than the training course fee.

Agreement

If you agree to the above conditions, please fill in and sign the following declaration:

I understand the terms and conditions above and I agree to adhere to them..

Signed: Date:.....

Send this form, with your deposit, to:

Jan Williams, 55 Beech Road, Cale Green, Stockport SK3 8HD.

Tel: 0161 429 6718 E: jan@journey-to-wellness.co.uk www.journey-to-wellness.co.uk