

# Dromantine Retreat and Conference Centre

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The following workshops will be offered by Father Hugh Lagan SMA in 2023. Father Lagan is a priest with the Society of African Missions and a chartered clinical psychologist. He has led retreats and workshops internationally on psychological and spiritual well-being, positive change, trauma and resilience.

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## Nodding Off

HOW TO SLEEP DEEPER AND BETTER FOR LONGER

We all need sleep to survive. It's as essential as food, water and oxygen. Discover how we are unintentionally getting in the way of our own sleep and learn powerful solutions for achieving good quality restorative sleep. Let sleep work its magic.

**SATURDAY, 18 FEBRUARY 2023 (9.30AM - 4.30PM)**

**£ 40 / € 45**

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## Difficult People

HOW TO BRING OUT THE BEST IN PEOPLE AT THEIR WORST

How do you stay clam in a tough conversation? How do you stay focused in the face of passive-aggressive comments? And how do you know if you're difficult to live and work with? Learn smart tools and tactics on how to navigate emotionally charged situations and to make difficult relationships more productive and your life less stressful. It's simpler than you might expect.

**WORKSHOP: SATURDAY, 11 MARCH 2023 (9.30AM - 4.30PM)**

**£ 40 / € 45**

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## The Second Half of Life

A JOURNEY FROM SUCCESS TO SIGNIFICANCE

It is only in the second half of life that we can truly come to know who we are and thus create a life that has meaning. These days of retreat, rest and renewal will explore ways to embrace our authentic selves as God's beloved, deepen our most valuable relationships, reclaim our untended talents and refresh our spirit for the years ahead.

**RETREAT: SUNDAY, 30 APRIL (5PM) - FRIDAY, 05 MAY (9AM) 2023**

**£ 460 / € 520**

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### ENQUIRIES AND RESERVATIONS

Dromantine • 96 Glen Road • County Down • Northern Ireland

☎ 028 (048 from ROI) 3082 1964

Email: [admin@dromantineconference.com](mailto:admin@dromantineconference.com)



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## From Strength to Strength

DISCOVER YOUR CHARACTER STRENGTHS AND REACH YOUR TRUE POTENTIAL

Character strengths are positive human traits that cultivate the best of who we can become. This workshop will identify your unique character strengths, teach you how to engage them optimally and help you shift into new possibilities in your work, relationships, health and virtually every dimension in your life. Discover how your character strengths are your best kept secret for appreciating what's best in you, building resilience and boosting your well-being.

**FRIDAY, 12 MAY (5PM) - SUNDAY, 14 MAY (2PM) 2023**

**£ 225 / € 255**

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## Stop Missing Your Life

STRESS, BURNOUT AND DISCOVERING A CALMER YOU

As we move into a post-pandemic world, more and more people are reporting symptoms of numbness, frustration and exhaustion. This compassionate and optimistic workshop will transform the way we think about and manage stress and burnout, empower participants to thrive under pressure and enjoy meaningful yet balanced lives. Learn time-tested lifestyle habits that promote resilience and nurture a calmer you. Live the fulfilling life you deserve.

**FRIDAY, 01 SEPTEMBER (5PM) - SUNDAY, 03 SEPTEMBER (2PM) 2023**

**£ 225 / € 255**

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## Let Evening Come

FINDING COMFORT AND HEALING AFTER LOSS AND BEREAVEMENT

Losing a loved one can be a lonely, isolating and disorienting experience. This workshop provides a gentle, safe and comforting space to help anyone bereaved to better understand their feelings, respectfully unpack the layers of grief their loss has brought and learn to embrace life again.

**FRIDAY, 13 OCTOBER (5PM) - SUNDAY, 15 OCTOBER (2PM) 2023**

**£ 225 / € 255**

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