

Group and Family Sessions

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Our Group and Family sessions, are ground based sessions that run for 60 minutes.

These sessions are designed to meet the collective needs of a group or family. During which time, we may focus on a series of specific areas such as communication, relationships, leadership, being aware of others and their boundaries, learning respect for self and others, just to name a few.

Through this series of tasks, the group or family is able to then actively explore and involve each member, and to unlock and discover their talents and qualities in order to help achieve and accomplish the task at hand as a team.



For more details, bookings or any other questions please contact us at:

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