

# FREEDOM FROM TOXIC FRUSTRATION



## ACCEPTANCE AND COMMITMENT TRAINING

**Anyone can learn more effective ways to handle difficult times and to build the energy and determination needed to live a better, richer and more fulfilling life.**

### Introduction

Acceptance and Commitment Training (ACT) is a proven evidence-based approach to building well being.

This two-day training programme provides a practical approach to learning how to handle frustrations and difficult challenges at work and home.

It is a highly interactive practical workshop with considerable experiential time to learn the skills.

The programme is designed for executives who have a willingness to try new approaches and are open to new ideas.

### Presenters

Dr. Iain McCormick holds a Master of Social Science with First Class Honours, a Diploma in Clinical Psychology and a PhD in the area of work stress. He heads the Executive Coaching Centre and has 30 years of local and international coaching experience. He is a trained ACT practitioner.

John Groom MA (Hons) Dip Tchg. Dip Bus. is a Registered Psychologist who has been in the coaching and facilitation business all his working life. John's specialty is creating environments in which people can learn. John is also a trained ACT practitioner.

### Contact us

We run this and other related programmes several times a year. If you or members of your organisation are interested please contact us using the Ask Dr. Iain McCormick dialogue box on the home page.

