



'A Day of Hope and Inspiration'

With

John Lonergan

**Dr. John Sharry, Maura Russell
& The Maynooth Gospel Choir**

Saturday 26th November 2011; 9.30am -5.30 pm

VENUE: St John Of God Conference Centre, Stillorgan Rd, Co. Dublin

Cost: €90 (Lunch /Tea/Coffee included)

A Day of Hope and Inspiration

This day focuses on Hope and Inspiration for those working within the helping professions.

The day promises inspiring Presentations by John Lonergan; *Life With Hope and Belief*

Dr. John Sharry: *Hope in Hard Times*; Maura Russell: *Hope in The Heart, Solace In The Soul*

& the Maynooth Gospel Choir: *Songs Of Hope and Inspiration*: in relation to Hope within our lives and communities.

❖ *Life With Hope and Belief*: **John Lonergan**

John Lonergan worked in the Irish Prison Service for over 42 years, serving for over 22 years as Governor of Mountjoy Prison. Based on his long experience he believes that personal change cannot be enforced on people and that real and meaningful change can only be achieved from inside the person by focusing on the humanity and the potential in another human being.

He argues that the more people are in touch with their own humanity, the more likely they are to respect their fellow human beings. He also believes that every person has the capacity to change and that every day is a new beginning and a new opportunity. He also strongly believes that there is no substitute for human kindness insisting that if human kindness doesn't work, nothing will. Finally he is convinced that a life without hope is no life at all.

John Lonergan is Former Governor of Mountjoy Prison, Dublin and Author of 'The Governor'.

An inspirational speaker, he was keynote Speaker at the IACP AGM 2011.

❖ *Hope in Hard Times*: **Dr. John Sharry**

When dealing with trauma and adversity, maintaining hope is a crucial human quality that ensures not only survival but also a transformation of the original traumatic experience. Drawing on his clinical work with children and families, John will present a practice model for cultivating hope in the face of despair and show how to apply this in individual therapy and also to how we are collectively coping as communities in the face of the many current societal challenges we face.

Dr John Sharry is Director of the Parents Plus Charity, and a child and adolescent mental health professional with over 20 years clinical experience. He is best selling author of ten books including Counselling children adolescents and families – a strengths-based collaborative approach to Positive Parenting and Bringing up Responsible Teenagers. He is co-developer of the award winning Parents Plus Programmes, the weekly parenting columnist for The Irish Times, a regular contributor in the national media as well as a well-known inspirational workshop leader.

www.solutiontalk.ie

❖ Hope in The Heart, Solace In The Soul: Maura Russell

A conversation exploring human life as a pilgrimage inspired by love and kept alive by hope in the promise of companionship and support along the way. Our role as Psychotherapists, Counsellors, guides, companions on this journey.

Reflections and stories on creating spaces for ourselves and others to dive below, and rise above the challenging troubles and questions of our times.

Weaving a way through the experience and the consequences of hopelessness and soul distress to find the source of a transcendent hope, and a way to raise our hearts and contemplate a way forward

Maura Russell is a psychotherapist, clinical supervisor, trainer and consultant. She is Co-Director of Blue Lotus Psychotherapy and Counselling Centre in Celbridge. She regularly presents lectures/seminars on a variety of topics including Addiction and Spirituality, Psychotherapy and Spirituality at the Jesuit Conference Centre, and other training institutes and to the general public. She presented a Keynote address at the IACP AGM on 'The Spirit and the Heart of Psychotherapy.'

❖ Songs Of Hope and Inspiration: The Maynooth Gospel Choir

Founded in 2003 by Eimear Crehan and Michael Fay, the Maynooth Gospel Choir is a Kildare based group that provides soulful gospel music for wedding ceremonies, corporate functions, religious gatherings, and other events. With some of the finest singers in the country, the group gives a uniquely professional and joyful experience.

Over the past 18 months, the choir has been touring with Irish artist Jack L. This unforgettable experience has brought them all over the country, and they have performed in world class venues such as the Olympia Theatre Dublin, Vicar St, Cork Opera House and the National Concert Hall. They also performed at a number of festivals during last summer, including the Vantastival and Le Cheile festivals.

Recently, they have performed at a number of events for the Special Olympics, including the Launch of Team Ireland, and their National Collecting Day. They have also performed at a number of events for the charity Console, including their Annual Service of Light, and their "Night of Fashion", and Festivals this year have included Abbeyfest and the Kilcock Festival.

Their musical director is Michael Fay. Michael has been the musical director since the choir's inception. He holds a Bachelor of Music from NUI Maynooth, and is currently studying Jazz Piano at the Newpark School of Music. He is also Director of the Celbridge/Straffan Gospel Choir.

Booking Remittance for seminar

Please tick as appropriate: I will be attending the following seminar

'A Day Of Hope And Inspiration' on Saturday 26th November 2011

I enclose my remittance of € _____ made payable to Awakenings Centre (Cost €90 includes lunch)

Name

Email Address

Contact Address

Contact Phone Number

For further details: Awakenings 01-4920122: 3 Dodder Park Drive, Lower Dodder Road, Rathfarnham, Dublin 14
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