# WHY NOT US

For many years we have been asking that question over and over again. Based on what we see happening around the world in the field of mental health we are left exasperated at the lack of progress in our own part of the world.

We have worked in mental health for 20 + years and we came across Health Realisation (3 Principles) about 6 years ago. This was a game changer for us and our work. We always did our best and often where left feeling burnt out, trying to “fix “everyone and constantly training in different disciplines.

However all that changed. Now we are on a mission to share this cutting edge psychology with as many people as possible.

We have been fortunate enough to have worked within the fields of addiction, trauma, mental health, business, coaching, therapy and education using our understanding of the 3Principles with great success.

We started the monthly meet up group with one aim only and that was to share and build a 3 P community in this part of the world. We feel now is the time to grow even more. With the work we do in the charity we now need more Pioneers to join us.

With this in mind we have developed a 3 Principle Facilitators programme which will run for 10 months. One weekend a month, from February 2020 to October 2020.

This first course will be at a fraction of the cost of future Facilitator courses.

This is a paradigm of its time and our hope is to attract like-minded people whom we would like to form a relationship with, an inner circle, people who will be leaders in this field and will be ready to help share and spread this understanding far and wide in many disciplines. We also hope that the first participants will become mentors for future people and will help grow the community and deliver workshops.

Our aim is to give you our resilience package at the end of course so you have a product to deliver and of course you can design your own. We would hope you will mentor / coach on future courses with us.

We would love to have a Mental Health Conference in N.I. and we would invite you to join us to make that happen. As part of the course we will be giving you live streaming access to the Conference in London June 2020 which we will be attending. Of course everyone is welcome to attend in person also.

**How it will work**

This facilitation programme will provide a grounding in the work of Sydney Banks. Together we will explore, discover and support each other in the spiritual physiological aspects of Mind, Consciousness and Thought.

We will hear from and study other first generation International Speakers in the field.

We will show you how we deliver our Resilience workshops and then invite you to do the same. We will support and help each other if you are new to facilitating groups. You will be in ownership of the 6 week workshop at the end. We will have plenty of practice time.

We will demonstrate coaching and show you all we have learned about effective coaching / one to ones / therapy sessions etc. Again you will have time to practice on each other. You will be doing a coaching case study over the 10 months.

We will explore The Missing Link which is Syds book.

There will be a reading list.

This will be very much a shared experience course where we learn and support each other in our growth.

We will be collating a book of our 3Principle stories over the 10 months which we will discuss getting published.

This will be owned collectively.

This is an exciting time to help create a Community of 3 Principle Facilitators here in Norther Ireland and beyond.

**Let’s start a revolution in Mental Health and be the difference to make a difference**