



# ENCOUNTER WEEKEND

“Powerful, Educational,  
Confronting”



JACQUELINE SEGAL

A weekend workshop  
which explores the thoughts,  
feelings and beliefs  
which keep you from  
moving forward.

# Participants Feedback

“I had a problem communicating with people. After telling my story I knew what changes I had to make. I have been confused and ambivalent, I no longer feel this way. I now know what changes



I have to make in my life to proceed as I want

to. I sort of knew before that I could, but now I have a much clearer picture of the future. Also by admitting how I felt I no longer need to worry about acting and being false, as that is not who I am. I have become a more socially responsive person and happier person. Thank you both for the experience of a life time”.

Love Jim S. (MD, specialist).

“... I wanted to remove issues from the past. I had too many pent-up feelings. I needed to get things off my chest. I realized that I am not responsible for how other people feel. I can help them if they want me to, but I don't have to take it away from them. I now recognize who has the problem and now it's time for me to heal”.

Jim M. (Dept of Police).

“I did the weekend because I was sick of my fear to love another, fearful to be myself, fearful to live alone. Sick to death of my emotional roller coaster, always repeating the same dysfunctional patterns. I didn't realize how much my childhood of emotional and sexual abuse ran my life as an adult. I hate to think where I would have been without your love, guidance and support. Love always.

Diane M. (Registered Nurse)



# Encounter Weekend

“Powerful, Confronting, Illuminating”

Who am I? ... Why am I here? ... Where am I going?

The ‘Encounter Weekend’ workshop will assist you in reaching a deeper level of self-awareness. It will focus on your ability to:

Explore thoughts, feelings and beliefs that keep you from moving forward.

Understand yourself and others.

Understand the unconscious and conscious ways in which you draw people closer, or push them away.

Look at the ways you relate to others.

Discover your deepest motivations, release old thought patterns and behaviour that no longer serve your needs.

Face your fears and by doing so gain a deep understanding of your truth.

Open up new possibilities of freedom, joy, and contentment. Not just to survive by but to live life fully

Create life as you want it to be.

“Not just learning better skills to survive but learning how to thrive”

“An opportunity to make life work with clarity”

“Discover what it is you want from life. Gain the skills you need to achieving fulfilment?”

# Jacqueline Segal MAppSci

M.A.C.A., A.I.P.C. Clinical, Supervisor.

Jacqueline has a Masters degree in Applied Science. She has worked in the field of behavioural science and personal development for many years as an educator, lecturer, facilitator and workshop trainer.

Using her understanding of human behaviour and personal development, Jacqueline has developed the 'Encounter Weekend' workshop to enable individuals and groups to benefit.



## What You Need to Know

- Time: Arrive Friday evening, depart Sunday late afternoon  
Cost: \$450 per person of which \$50 is a non refundable deposit  
Includes: Accommodation and meals (vegetarian)  
Bring: Comfortable clothing, sleeping bag, towels and slippers

Encounter Weekends are held regularly. Phone or visit our website for dates, the registration form, directions, map and other information.

*[www.jacquisegal.net](http://www.jacquisegal.net)*



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