

STOP

- **Reflect**
- Feelings / Emotions
- Health
- Career
- Relationships
- Finances
- Spirituality
- ...

GET
READY

- **Invest**
- In yourself
- In your aspirations
- Meet like-minded women in a safe, relaxed fun and interactive environment
- ...

GO

- **Take Action**
- Tap into your potential
- Re-define
- Re-focus
- Re-connect
- Re-energize
- ...



I AM...

Women's Personal Development Workshop

An invigorating 1 day workshop specifically designed to help women of any age, at any stage in life and from any background to gain a deeper understanding of themselves and their closest relationships.

Research shows that women are becoming less and less happier with their lives, often juggling home and work and feeling out of balance and control. We often give time out to others but do not take time out for ourselves .

We will walk with you through Your Journey of Self Discovery Personal investment and empowerment , offering support, guidance and insight. You will reconnect with your own inner voice, learn to listen to your own body, gaining harmony in mapping your destiny and knowing your authentic self.

Date Wednesday 15th August 2012

Time 9.30 AM – 5.00PM

Venue Charity House Drayton Street
Wolverhampton WV2 3AB

Contact info@re-cognition.co.uk
07790299009

Registration Fee £20.00 donation to DOM charity to cover course material, refreshments, and venue hire.

Only 20 Places offered



www.re-cognition.co.uk
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Re-Cognition Consultancy



Kumlaish Kumari

Trainer, Consultant & Hypnotherapist
Certification in Education,
Certificate Qualified Social Work, B.Phil. M.A
Certificate CISD,
Master Practitioner & Trained Trainer NLP
Certified Hypnotherapist

Kumlaish is a highly experienced practitioner with over 30 years in the field of Social Work, Counseling and therapeutic practices, as well as training and teaching. She began her career teaching counseling and social care to undergraduate and postgraduate level students at University of Central England in the UK.

As a recognized trainer and reputed therapist Kumlaish acts as a consultant informing the practice of others with her Cultural Intelligence expertise. She is also a qualified hypnotherapist and posttraumatic stress counselor.

She began her own private practice in 2000 and has since worked successfully as a counselor, family and couple therapist and NLP coach/trainer. She has a diverse client base and is sought after for her excellent interventions with clients who have struggled to achieve positive outcomes in the past.

Kumlaish demonstrates a tremendous insight into human relationships, behavior and the cultural dimensions of identity. As an experienced Therapist/Counselor and workshop facilitator she is able to draw from a range of different theoretical perspectives to create unique models of working, which are tailored to clients needs.

She has a particular specialism in working with Asian women on issues of personal growth and development. Kumlaish has acted as a career coach to staff in several local authorities under going internal re-structuring. As a qualified Neuro-Linguistic Programming (NLP) Master Practitioner, Trainer and Hypnotherapist she prides herself in working with the whole person, in terms of their physical, mental and spiritual needs, adapting techniques from these disciplines to create the most dynamic and effective methods of intervention for her clients. Kumlaish has developed skills in using Hypnosis effectively for Past Life Regression and Weight loss programs.

She adds to her skills tool kit with her impressive multi-lingual skills in English, Punjabi and Hindi. Kumlaish is pioneering in her work with minority ethnic communities who do not traditionally relate to counseling as a service. In her quest to make her services more accessible to them she is currently building resources to translate and adapt therapeutic tools from traditional counseling to make them applicable to different minority clients.



Bijay Minhas

Licensed Social Worker, Diversity and NLP Coach

New Jersey Board of Social Work USA- Licensed Social Worker [Masters]
Cornell University, New York, USA - Certified Diversity Professional
London School of Public Relations, UK - Diploma in Public Relations
University of Warwick, UK - M.A. in Applied Social Studies, C.Q.S.W.
[Certificate in Qualified Social Work]
University Of Lancaster, UK - B.A. [Honors] Sociology & Comparative
World Religions
NLP Coach Practitioner New York NLP Center
International Association for NLP

As a recognized diversity coach and licensed Social Worker, Bijay is a dynamic workshop leader, presenter and instructor who has successfully and consistently delivered results. Her clients have varied from individual clients and small businesses to high profile media companies who have found themselves at the center of public controversy due to a lack of understanding of diversity and cross- cultural communication.

Bijay has an engaging and honest presentation style, which audiences connect with. She is an exceptionally good communicator who stimulates response and knows how to stretch students and go beyond the choices of text and approach.

Bijay has designed, delivered and evaluated a broad range of impressive cutting edge diversity programs, in addition to coaching top executives with advise and guidance on navigating through complex challenges in the vast arena of diversity and inclusion. More recently she has worked with senior managers in assessments centers measuring a range of core competencies within Social Care Practice.

Bijay lives in New Jersey USA. More recently she spent a year working as a Licensed Social Worker at an Medical Day care Center for Asian Older people in Edison, New jersey USA. In her current role she is a counselor, coach and group and workshop facilitator.

As an established authority on inter-cultural intelligence and communication, Bijay has written several inter-cultural competence guides and conducted numerous research studies in Social Care. She is currently writing a study guide on inter-cultural communication and developing cutting edge workshop material on personal development and growth with a team of experts.

She has also supervised and taught Social Work Students and Practitioners in a wide and varied range of social work competences and skills relating to service design, delivery and evaluation. She has been a practitioner delivering 'hands on' services within adult, children and families work and care for older people. Bijay's particular interest lie in working with diverse and under-represented communities and on women's empowerment and development. She speaks fluent Punjabi and some Hindi and enjoys practicing yoga.

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