

PozQuest Workshop September 2010



As you have previously expressed your interest, we are pleased to invite you to confirm that you would like to attend the upcoming PozQuest five day residential workshop. The workshop will be held from 6-10 September 2010 at the St. Joseph's Spirituality and Education Centre in Kincumber on the Central Coast. Information on the St. Joseph's Spirituality and Education Centre is available at the following website: www.stjosephsretreat.org.au

Please read all the information in this letter and sign and return the payment form with your payment to Peter Thoms in the return envelope provided. We will require the co-payment and signed agreement by 6 August 2010 in order to secure your place in the workshop. Please pay as soon as possible as places are limited. The first 25 payments received by the due date will be allocated. Those who miss out will go on the priority list for future programs. (For unsuccessful applicants payments will be returned).

Note: You are required to read and sign the payment form for your application to be valid. Failure to comply with the conditions may result in being asked to leave the program.

For further information or if you have any questions about the workshop, please contact Peter Thoms or Gitte Backhausen on 02 9283 8666. For information on the Quest for Life Foundation please visit www.questforlife.com.au An information pack will be sent to successful applicants prior to the workshop.

Comments from the June 2010 PozQuest participants:

"It has put light on a path of healing and a new way to live".

"Loved every second".

"Learned to forgive myself".

"Brilliant experience-the start of a new journey".

"This has been so liberating-I will take this experience with me for ever".

"Definitely a confidence booster".

"Thank you for giving me such a special gift to take on my life journey. I have made friends here who will be with me for a long time".

"The most empowering experience ever".

Program Information

- The program commences 4pm sharp on Monday 6 September 2010
- Participants must arrive between 2-3pm to allow time to settle into rooms.
- The program finishes with lunch at 1pm on Friday 10 September 2010.
- It is essential that participants complete the program as the final session is integral to the benefits you will receive.
- Most people leave our programs with renewed confidence in their ability to meet the challenges they face. For some, this is a radical shift and they leave feeling inspired, empowered, uplifted, hopeful and more than capable of transforming their lives.
- You will find a safe, nurturing environment.
- You will feel heard, acknowledged and affirmed.
- You will learn and practice a range of strategies and skills that will help you for the rest of time.
- You will leave with a perspective on life that will enable you to manage all stressful situations in a positive and productive way.
- Our programs are based on the latest research into neuroplasticity, mindfulness meditation, nutrition and exercise.
- This research supports a spiritual perspective on life which is non-religious.
- We specialise in a holistic approach that encompasses the mind, body and spirit.

Note: Your payment includes

- Accommodation (including bed linen, pillow and towel)
- All meals - morning, afternoon tea and supper, tea & coffee
- A one hour professional massage
- A copy of Petrea King's book, "My Life Matters".

PozQuest is made possible with the support of Quest for Life Foundation, NSW Health and the Fred P Archer Trust through the Trust Company Ltd and the Bobby Goldsmith Foundation.

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Agreement

(Please keep this information for future reference)

I agree

1. Not to be in the possession of, or use illegal drugs in accordance with State laws, on the property or on transport provided by the Bobby Goldsmith Foundation.
2. To remain on the property during the entire program from 6-10 September 2010, inclusive.
3. To advise one of the workshop facilitators or the BGF Coordinator, Peter Thoms in the event I leave the property for any reason.
4. I am responsible for all my personal belongings
5. To abide by the smoking regulations as required by the St. Joseph's Spirituality & Education Centre. I understand that St. Joseph's is a Non-Smoking Campus. Smoking is permitted outside the gates which is 50 meters from the building.
6. To respect each individual's healing journey and refrain from inappropriate behaviour, which includes establishing intimate relationships with other participants during the workshop. I understand it is important to respect other's personal space and privacy and that I may have to share accommodation with another participant and will respect their privacy.
7. Not to disclose any personal stories or events shared by participants or facilitators of the workshop.
8. To provide my own transport from my home to Gosford Railway Station and the return trip from Gosford Railway Station to home.
9. To vacate my room and return the key prior to reception the morning session on the day of departure, and to take the sheets and towels to the laundry. (Luggage can be left in the reception/lounge area until departure time)

Payment Form

I _____ (print name) have read and understood the conditions of the agreement. I understand failure to follow those conditions may result in being asked to leave the program at my own expense and without a refund. I also understand failure to sign this agreement and returning it with the payment will render my application as invalid.

Date: _____ Signature: _____

Name: _____

Address: _____

Your contact phone number: _____

Your email address: _____

I require transport by BGF between Gosford Railway Station and the Centre

(Please circle) Y / N

Special Requirements (Please circle)

Dietary requirements Y / N Specify: _____

Mobility Issues Y / N Specify: _____

Payment Details:

I will be paying \$75 by (Please tick)

Cash

Cheque

Money Order

Or charge my

Visa Master Card Diners Club American Express Debit Card

No. ____ / ____ / ____ / ____ Expiry Date __ / __

Card holders name: _____

Signature: _____

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