









The Inspire Project

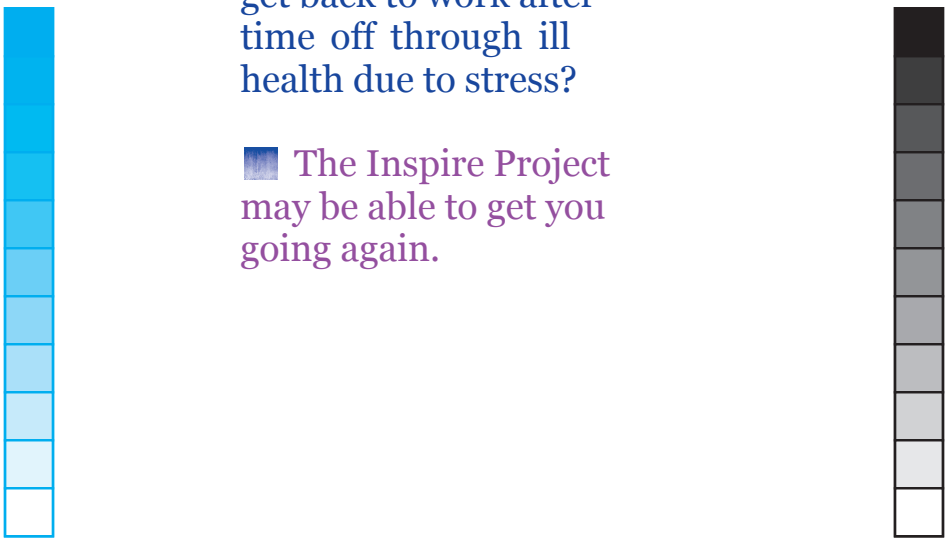


 Are the stresses and strains of life getting you down?

 Is your working life being affected by stress?

 Are you wanting to get back to work after time off through ill health due to stress?

 The Inspire Project may be able to get you going again.



■ Are you developing a part of your 'self' at the expense of other equally important parts?

■ How are you using your mind to achieve results?

■ Do you give your body the attention it deserves?

■ Are you strengthening your spiritual self?

■ Are you doing what you've always done and getting what you have always had?

■ Are you struggling to cope with the stresses and strains of life?

Call the Inspire Project to book a place - it starts Nov 19th 2009

Tel: 07903 664 495 / 01793 600156 between 10-00 and 3.00 Wednesday and Thursday.

Out of these times messages will be recorded or email

office@back-on-track.net for more information visit <http://www.the-inspire-project.co.uk>





Why?

What's the Inspire Project all about?

The Inspire Programme invites those who are struggling with the stresses and strains of working life to accept a call to undertake a journey. A journey through the enriched learning domains of mind, body, spirit and personal development.

Learners will be helped to explore the territories of human experience that will inform, refresh and inspire them to fulfil their life goals.



What?

What does the Inspire Project involve?

- Participation in three Integral Study days at Lower Shaw Farm.
- Participation in follow-up sessions.
- Undertake an assessment of your profile type.
- Collaboration with the evaluation and research.
- Listening in to the Inspire programme on 105.5 Swindon's Community Radio.
- Take part in about 2/3 days of learning a month till March 2010.





How?

How can the Inspire Project help?

The idea is simple and yet powerfully transformational. By developing on all the domains of self, our nature and body and our cultural and social relations we develop an 'Integral' approach to life bringing balance, strength and perspective.

With a strengthening of our capacity and access to new found skills we will have developed the resources to inspire ourselves and inspire others.



What else?

What else do I need to know ?

The Inspire Project is funded by the Department for Business Innovation and Skills. The project is researching the impact of Integral Learning on learners. So your participation in the research is really important. Because of this the entire programme is free except travel to and from the venues.





Who's it for?

Who's eligible to take part?

We are aiming to work with people who are experiencing the stresses and strains of working life whether in or out of work.

This is not a therapy or treatment programme rather a programme aimed at well being.

New learning and self awareness can sometimes cause moments of uncertainty and anxiety. The Inspire Project has trained staff available who can provide additional support should it be necessary.

Having access to broadband will greatly enhance the learning as there are specific aspects of the programme which are on-line.

There are parts of the programme where we ask learners to take part in gentle physical exercise and walks. Please be aware of any issues that might affect your Participation and discuss at your enrolment session.



Partnership

- Back on Track Associates
- New Dimensions
- Radio 105.5
- Lower Shaw Farm



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