

# Increase Your Spiritual Intelligence...

...and improve your life...

One day workshop Sunday March 24 2019 10am - 5pm



**“Spiritual Intelligence is the ability to behave with Wisdom and Compassion while maintaining inner and outer peace (Equanimity) regardless of the situation.”**

*Cindy Wigglesworth*

It reflects an increasingly stable connection to “something bigger than us” that translates into the world of behaviours, habits and attitudes.

For the first time we can talk about ‘spirituality’ linked to ‘skills’, ‘competence’ and ‘performance’. Everyone needs wisdom and compassion to function effectively in today’s world. Now we have a tool to help us to develop these qualities.

**Come and find out about it!**

*“I feel inspired and enriched”*

*“Very insightful and impactful”*

*“Great practical tools for dealing with emotional triggers”*

*“I think this workshop would be valuable for everyone”*

*“Geraldine is very inspiring”*

*“Great teacher: deep knowledge: wonderful discussions”*

**Is Spiritual Intelligence the same as Emotional Intelligence?**

**Ever considered that Spiritual Intelligence might be one of the doorways to authenticity?**

**Do you know the difference between your ego and your spirit?**

**Do you have a spiritual support system?**



**All workshops held at 8, Garafin, Rosmuc, County Galway. H91KW8K**

## Rev Geraldine Bown

Interfaith Minister and Spiritual Counsellor

Geraldine was ordained in 1998 and in 2007 was awarded a Post Graduate Certificate in Spiritual Development and Facilitation at the University of Surrey in the UK.

She has run her own Management Consultancy – Domino Perspectives - for over 30 years. Her company is dedicated to working with organisations and individuals who are willing to see things differently, take personal responsibility for their own development and create the conditions necessary within themselves for their personal fulfilment. Her personal reputation is built on her extensive diversity expertise, her inspirational presentations and her transformational approach to training. She speaks at conferences on diversity as well as spirituality and personal transformation.

**Geraldine was trained in how to debrief the Spiritual Intelligence SQ21 assessment in 2012 and until recently was part of the European training team. She is now delivering this workshop to corporate clients.**

Geraldine is a Reiki Master as well as an Interfaith Minister and Spiritual Counsellor. She conducts wedding ceremonies, funerals and baby blessings for those who want to bring a sense of the sacred to special occasions outside the boundary of a particular religion. Having relocated to Connemara 14 years ago, Geraldine is developing her spiritual work in Ireland with individuals and groups through ceremonies, workshops and spiritual coaching. She is delighted to have become an Irish citizen in 2018.

During the workshop you will:

- Explore the SQ21 model.
- Discover the difference between vertical learning and horizontal learning.
- Identify your values hierarchy which drives your behaviour.
- Write your 'guiding question' to lead you in tough times.
- Be clear about the 9 steps we can take to shift from Ego to Higher Self.
- Practice 'reframing' so you can respond instead of react.
- Design your Spiritual Support System.

The workshop will consist of an introductory presentation, questions and discussion, practical exercises and individual reflection.

Work will be carried out individually, in small groups and as a whole group.

**Sunday March 24 2019**

**10am - 5pm**

**€50 per person (inc refreshments)  
Bring your own lunch**

**Maximum Number: 8**

**Contact Geraldine to book.**



REV GERALDINE BOWN

WEDDINGS WORKSHOPS SPIRITUALITY

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