

# Finding your Inner Purpose

February 2019

## INTRODUCTION

This course combines a unique blend of mindfulness and hands-on evidence-based tools for unlocking your true passions. You will be guided through a series of exercises which engage your mind, body and spirit which allow you to awaken to your dreams and ambitions.

### COURSE CONTENT

Dr. Maria Quinlan has developed a course which draws on the work of key researchers and writers in the area of purpose, fulfillment and career. Combining their insights with her own research, she has developed a set of exercises and creative tools with which to guide you through the process of firstly uncovering your true passions, and secondly developing a set of practical strategies to start living your purpose.

The transformational power of yogic meditation is paired with tools such as Photovoice and Free writing for implementing change in your life. All the tools are evidence-based and have strong research to support their effectiveness in kick-starting transformation and creating sustainable change.

It is suitable for anyone who would like to create some positive change in their lives, big or small.

This course is designed to be a fun and creative way of getting to know ourselves, our motivations and our passions more fully, and then to make some concrete plans to consciously move towards the life we would like to be living.

It is particularly suitable for anyone considering a life or career change, starting their own business, or for students considering third level course options.

### FACILITATOR



**Dr. Maria Quinlan**

Dr Maria Quinlan is an experienced researcher, lecturer and yoga teacher who combines age old spiritual wisdom with the latest cutting-edge research into how to flourish and unlock our true potential.

Maria specialises in the use of creative research methodologies to explore how people experience their world. Her research has focused on how individuals and organisations implement sustainable change; how people navigate their careers and how organisations can help create a truly engaged workforce.

### AWARD

Certificate of Attendance and Participation

### CPD

12 Hours

### COST

€250

### DATES & TIMES

Wednesday 06 February 2019  
Wednesday 13 February 2019  
Wednesday 20 February 2019  
Wednesday 27 February 2019  
Wednesday 06 March 2019  
Wednesday 13 March 2019  
7.00pm – 9.00pm

### VENUE

IICP College, Killinarden Enterprise Park, Tallaght, Dublin 24

### APPLY

Visit us online: [www.iicp.ie/yourpurpose](http://www.iicp.ie/yourpurpose)

### OR

Complete the application form overleaf

# Application Form

Please note, in order to process your application, all fields need to be completed.

PLEASE USE BLOCK CAPITALS

## PERSONAL DETAILS

First Name:	Surname:
Name as it should appear on certificate (if different):	
Address:	
Mobile No.:	E-Mail Address:
Occupation:	
IICP Student / Alumni or VCS Counsellor (yes/no): (if yes, state course or student number):	

How did you find out about this Course? Please tick the appropriate box below:

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Aivelink               | <input type="checkbox"/> Newspaper Advertisement | <input type="checkbox"/> Professional Body |
| <input type="checkbox"/> Google/Internet Search | <input type="checkbox"/> Online Course Directory | <input type="checkbox"/> Social Media      |
| <input type="checkbox"/> IICP Mailing List      | <input type="checkbox"/> Personal Recommendation | <input type="checkbox"/> Other             |

If other (please specify):

## PAYMENT METHODS:

Online: pay securely online at [www.iicp.ie/payment](http://www.iicp.ie/payment)

Debit/Credit Card: contact the office on 01 466 4205

EFT Payment: BIC/Swift Code - AIBKIE2D IBAN - IE16AIBK93213212752502

Cheque/Postal Order/Bank Draft Enclosed: make payable to IICP Education and Training Limited

Cash Enclosed:

  
  
  
  


Please note that bookings operate on a first paid, first secured basis so please book and pay promptly to avoid disappointment.

I wish to apply for this course:

Signed:	Dated:

All programmes are run subject to sufficient demand and the formation of a viable class cohort (which shall be determined in the sole discretion of IICP College). A refund of any fees paid will be given to applicants in the event that the programme does not proceed. Fees are not refundable in any other circumstances.

Receipts will be made available to you/your organisation on receipt of payment. Please note all fees are due in advance of programme commencement.

IICP College would like permission to retain your contact details including your mobile number and email address which may be used to keep you informed about our future courses, events, offers and news.

To receive such information, please tick the box. You can unsubscribe at any time.

Completed forms can be emailed to [Triona@iicp.ie](mailto:Triona@iicp.ie) or posted to Triona Kearns, Registrar and Dean of Academic Affairs, IICP College, Killinarden Enterprise Park, Tallaght, Dublin 24. Alternatively, completed forms may be dropped into the IICP College office in person.