



"Dealing with life, from the Everyday to the Exceptional" With Julian Fraser (Parent)

Are you a parent, teacher or carer struggling with change or a challenging situation?

Are you feeling overwhelmed with life whilst wrestling a never ending to-do list?

Date & Time: Friday 15th February at 1pm

Venue: Lonsdale School

This talk is designed for those seeking peace in what can sometimes feel like chaos – regardless of specific circumstances. 15 year's ago, Julian's life was thrown upside down when medical negligence meant serious life changing outcomes. But the world didn't collapse and through an understanding of some basic principles Julian has changed from an 'angry bear with a sore head' into a person who enjoys life with a smile on his face. This session will explore the basics of these principles, offering hope to everyone.

Themes/Topics

- The experience of dealing with unexpected life changing circumstances - understanding that pain is not coming from the outside.
- How to deal with challenges and moving away from overwhelm
- Seeing your circumstances in a different light
- Finding a new approach to happier and healthier living

About Julian Fraser

Julian is a parent of a child in Lonsdale school. Professionally he splits his time between directing the biggest 'Three Principles' event in the world - an annual conference with over 1000 attendees and his private practice. Julian has experienced many personal insights over the years through this helpful approach including a physical transformation losing 8 stones (50 kilos) 6 years ago, with exercise and running now being a regular occurrence in his daily life.