



SUNNINGDALE PARK, BERKSHIRE

# HG Conference

Saturday 6th and Sunday 7th November 2010

GUEST  
SPEAKER:

**ARIC SIGMAN**

**on 'Relationships and the media'**



Dr Sigman is an engaging, highly knowledgeable and well-travelled speaker who often appears in the media himself. He is an Associate Fellow of the British Psycho-

logical Society, a Fellow of the Society of Biology, a recipient of the Chartered Scientist award from the Science Council and Fellow of the Royal Society of Medicine. The author of numerous books and papers and a member of the Advisory Board of the *Human Givens* Journal, he has recently been invited to address the European Parliament in Brussels on the Quality of Childhood in the European Union.

**Other planned topics include:**

- Relationships between children and adults
- What makes a good relationship
- Why relationships break down
- Why it is more powerful to *hear* a story than read one
- Occupational psychology – a fresh look
- Improving a police counselling service with HG (exciting new data)
- Community action: Reclaim life
- How ideas spread
- Why the universe is built on relationships
- Relationships and attention

## Relationships: *the human givens perspective*

Throughout the ages people have looked for the rules that underpin relationships so as to better understand what is going on around them. This has included the rules governing relationships between people and things, the mind and body (consciousness and matter), as well as between couples, children, friends and colleagues. As we are social creatures, it is human affiliations that interest most people the most. But, thousands of years ago, searching for meaning through relationships also produced primitive nature worship, magical thinking, trade, arts and crafts, and eventually religion, philosophy and science. And now it is widely appreciated that nothing exists in itself or by itself, for the world is a vast tapestry woven of relations. Not even the smallest strand in this web can be tugged without affecting all the myriad other strands and interdependencies to which it is connected and of which it is composed.

Of particular interest to HGI members is the observation that the disciplines of psychotherapy, counselling, education and coaching, when they are effective, are always based on a truly holistic understanding of relationships between the biological, psychological and social aspects of human functioning. Any act or experience that has a formative effect on the mind, character or physical ability of an individual always involves developing an appreciation of deeper connections. Reading context does too, and all pattern-matching to memories, stories and metaphors are about relationships.

The 2010 HG Conference will cover this theme from a number of angles since it is relationships that make us who we are. We hope you will join us and participate in what promises to be another enjoyable, thought-provoking and richly-rewarding weekend.

### Special Conference Package

**£285.00 per delegate**

This covers attendance at both days, including lunch, Saturday evening dinner, refreshments at each break and conference materials.

Excellent single and double accommodation, including breakfast, is available on site.

To arrange call: **01344 634395**

**Booking Form**

**To book your place, please complete this form and send it with your cheque or credit/debit card details to:**

Kathy Hardy, The Human Givens Institute, Chalvington, East Sussex, BN27 3TD. (T: 01323 811662 or F: 01323 811486)

I would like to book \_\_\_\_\_ delegate place/s for the 2010 HG Conference at Sunningdale Park @ the rate of £285.00 per person.

I enclose a cheque made payable to *The Human Givens Institute Ltd.* for the Total Amount: = £ \_\_\_\_\_

OR:

I authorise you to debit my credit/debit\* card with £ \_\_\_\_\_

My card number is: \_\_\_\_\_

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## Typical delegate comments from previous human givens conferences:

“A thoroughly worthwhile and enjoyable two days. Thank you!” T. GAUVAIN

“Yet again the HGI has delivered an inspiring and thought-provoking programme and yet again I see what a big difference HG-trained people can, and are, making to society and organisations.” J. DESBONNE

“I cannot tell you how pleased I am that I came. I feel reinvigorated!”

J. NICOLL

“An excellent programme. The range of stimulating ideas, related research and case studies furthered all our knowledge. Thank you!”

G. LOBBETT

“Fantastic for networking and community spirit, a positive vision of an HG future.” A. DARLING

“What a weekend! HG has so many talented people involved in its goal to change society.” L. HOGGAN

“I came to be re-inspired and motivated and I wasn't disappointed. I learnt so much more than I'd expected to!” T. BROMAGE

“Superb quality of speakers – inspiring and confidence building, the information was invaluable and networking priceless!” S. WHITEHOUSE

“Fantastic for new learning, revision, networking and the sheer enjoyment of meeting and sharing ideas with like-minded people.” M. FARRY

“Very inspiring presentations with imaginative and creative speakers. They successfully demonstrated how the human givens approach achieves such good results.” J. PATCHETT

“In the current economic climate, the human givens approach is needed more than ever!” VIA EMAIL



“What a wonderful variety of speakers. It was excellent in every way.” P. WOODFORD

“Inspiring and necessary communal sustenance!”

M. MCHUGH

“The whole weekend was exhilarating and illuminating. HG brings precision tools to bear on intractable problems, but never loses its humanity or respectfulness. It is positive, honest and life-affirming. It is simple and effective.” M. GREVIS

“This was my first conference and I've found it hugely inspiring, motivating, entertaining and thought-provoking. As a self-employed person it's also reassuring to be part of something that gives such credibility, depth and legitimacy to the work I do.” J. BROCKELMANN-EVANS

“In the 25 years I have been fascinated by the human mind, it's the first time I've been given an explanation of it that actually makes sense. I'm very excited by the new developments and ongoing research.” C. SMITH

“Learning about the human givens approach has made sense of several hundred years of learning about psychology and being human. It also allows this knowledge to be applied practically for the benefit of people in need (as this conference has shown again and again) and shows the way ahead for a saner organisation of human society. It is truly inspiring but utterly practical – thank you.” J. PENTON

“An excellent blend of theoretical, intellectual, political and practical ideas and a fantastic forum for sharing ideas and enthusing one another with new practical applications for the human givens approach.” R. BROOK

“It felt good to be surrounded by sensible, clear-thinking people. And I had so many brilliant discussions over the weekend. Thank you!” L. POTTS



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