

"BRILLIANTLY WRITTEN & PUT TOGETHER. GREAT TRAINING, WELL THOUGHT OUT. FRESH AND SUCH A GREAT INNOVATION & TOOL." TRAINING PARTICIPANT, KENT

WWW.OWNMYLIFECOURSE.ORG

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MARJORIE



Marjorie is trying to make sense of her relationship. Her partner Jerome makes her feel small and stupid, he mocks her and humiliates her. At first the relationship was amazing, Jerome couldn't do enough for her, it was a whirlwind romance, he'd moved in within weeks. He keeps telling her they should have a baby to make the relationship better, but then he makes her late for work, accuses her of having affairs with her colleagues and has undermined her confidence so much she's failing to meet targets for her role.

SYLVIA



Sylvia's ex, Horatio, is a nightmare. He constantly changes the arrangements of when he's going to have the kids and when they come back from seeing him they're really difficult to manage. Horatio switches between sending Sylvia threatening messages and ringing her up crying and begging her to take him back. When they were together he cheated on her with her best friend and made her do sexual stuff she didn't like. Sylvia doesn't have any friends anymore, she feels anxious all the time. Horatio's unreliability has led to Sylvia's probation being extended as she's been unable to do all her shifts. She is distracted at work and has had a lot of sick leave.

VIVIENNE



Vivienne feels stupid. Her husband Gordon treats her really badly, but every time she tries to leave him, she ends up going back. Even though he's hurt her really badly, she always finds herself apologising to him. He twists her words, scares her and uses the kids to make her do what he wants. Vivienne's family have given up on her, she's close to losing her job because of Gordon's behaviour, but she feels like she can't live without him. She keeps asking herself, "What's wrong with me?!"

Biderman Behaviours

Cycle of Abuse

Leaving Exercise

PIM Framework Exercise

POWER	THREAT	MEANING	THREAT RESPONSES
WHAT HAPPENED TO YOU?	HOW DID IT AFFECT YOU?	WHAT DID YOU FEEL?	WHAT DID YOU DO?

Children's Roles

Next Steps

The Own My Story Journal is full of resources, information and opportunities for reflection.





HOW WE PARTNER WITH BUSINESSES

TRAINING AND RESOURCES FOR HR TEAMS

Our fun and positive CPD accredited training and innovative resources for HR teams to better support their staff issues related to abuse and trauma.

[CLICK FOR MORE DETAILS](#)



ENHANCING CORPORATE SOCIAL RESPONSIBILITY

We can offer consultancy with companies to enhance their corporate social responsibility; by identifying the ways they can better support staff and clients with issues related to abuse and trauma.

[CONTACT FOR MORE DETAILS](#)



INSPIRING TEAMS

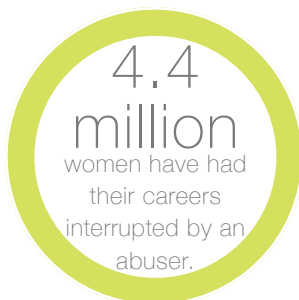
Inviting us to speak at internal (or external) events for International Women's Day can inspire and encourage staff, clients and others within business networks.

[CLICK FOR MORE DETAILS](#)

WOMEN'S EMPOWERMENT GROUPS

We can help companies develop women's empowerment groups that can be offered to staff to improve staff wellbeing, through providing comprehensive training, resources, and support for group development.

[CONTACT FOR MORE DETAILS](#)



CHARITY PARTNERSHIP

We have opportunities for companies to partner with us in enabling women to take back ownership of their lives through pro-bono projects, donations and nominating us as their charity of the year.

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