

Self-Development & TFH Synthesis 2025/2026

Time: 9:30 – 5:30pm

Venue: Swallet Farm, Bristol, Somerset

Welcome Zoom – online gomins

Wednesday 15th October

TFH LEVEL 1 – @ Swallet Farm

TFH LEVEL 2 - @ Swallet Farm

Tuesday 21st October 2025

Wednesday 22nd October 2025

Thursday 23rd October 2025

Friday 24th October 2025

Metaphors & Goal Setting - @ Swallet Farm

Refresh Levels 1 & 2

Friday 9th January 2026

Saturday 10th January 2026

Sunday 11th January 2026

TFH Level 3 - @ Swallet Farm

TFH Level 4 - @ Swallet Farm

Tuesday 3rd March 2026

Wednesday 4th March 2026

Thursday 5th March 2026

Friday 6th March 2026

ZOOM sessions - Online/gomins

7:00-8:30pm

Wednesday 12 th November
Wednesday 26 th November
Wednesday 3 rd December
Wednesday 17 th December
Wednesday 7 th January
Wednesday 21 st January
Wednesday 4 th February
Wednesday 11 th February
Wednesday 11 th March
Wednesday 18 th March

One to One Mentoring Session- Online/60mins x 2

2 sessions – dates tbc

Introduction to Kinesiology Demo

Thursday 12th June 2025 - 10:30am (for 11am start) - 2pm (Includes lunch)

Thursday 10th July 2025 - 10:30am (for 11am start) - 2pm (Includes lunch)

£35