



Encouraging Personal Development

Established in 2003, the Emotional Logic Centre is a charitable organisation providing emotional literacy for adults and young people throughout the UK. Based in Ivybridge, Devon, the Centre's team of psychologists, counsellors and change management consultants provide the tools required by individuals, families and organisations to understand and work with their emotions, and in turn to overcome the problems and issues they face.

By focusing on personal development and growth, the Centre offers life-long learning through one-to-one or couple sessions, learning groups for up to eight individuals, and workshops. Aiming to support individuals through times of change, there is support available



to help you adjust and see through overwhelming emotions, and move forward with your life. Chief Executive, Trevor Griffiths, explains: "We're a unique organisation aimed at finding solutions for emotional issues. It's different to counselling. It's very solution-focused; it has a powerful ability to change lives."

Instead of simply talking over problems and issues, individuals are provided with emotion cards and worksheets that enable them to fully understand the emotions they are going through. The learning approach is a very personalised and individual one, and each client is provided with a method of learning that suits them and their needs. Emotional Logic can equip you with the skills you need to make positive changes in your life, whilst allowing you to understand that some emotions are necessary and can be used in a positive way.



By understanding your emotions and learning how to work with them, you gain insight and self-respect, and can empathise better with others. The experience is designed to empower you and allow you to be more honest about your emotions. Individuals are taught to turn unpleasant emotions into creative action.



There are 12 tutors working within the Centre, each with a particular area of expertise, and Trevor has even mentored individuals from as far away as Siberia and Taiwan using Skype.

The Emotional Logic Centre is able to work with individuals from different backgrounds, and organisations who want the best out of their workforce. The Centre's team can offer support in the following areas:

- Businesses
- Unemployment

- Life Coaches
- Parenting and Education
- Counselling
- Welfare Officers
- Carers and Be-frienders

For those with common mental health problems, and their relatives, the Emotional Logic Centre can work with you to help understand the distress and overwhelming emotions that cause problems and establish preventative measures that can make a big difference.

Trevor and the team have previously worked with young people in schools, which itself is often an intensely emotional experience, and have had great success in helping 13 to 15-year-olds understand and work positively with their emotions. In times of adjustment, such as choosing a college to study at or moving away to university, young people can often feel overwhelmed and alone. However, the Centre can work through these issues and help individuals understand why they are feeling these emotions.

Emotional Logic can also be used to train and support staff in the workplace, as it can equip them to deal with issues, such as angry complaints, in a sensitive way. The Centre is always looking for organisations and businesses to get involved with, aiming to reduce stress-related sickness absences. At a major time of adjustment and lifestyle change, Emotional Logic can provide a welcome tool for those who feel overwhelmed at the thought of building a new life, for example on resettlement after leaving the armed forces.

Over the last seven years the Emotional Logic Centre has gained a great reputation, which has spread mainly through word of mouth, and the majority of clients find the Centre through recommendations by friends, family and colleagues.

For those who would like to reap the rewards of personal development from the comfort of their own home, Emotional Logic Centre have recently released a six CD set which can enable and enhance emotional learning within your own time. The six one hour CDs are suitable for the whole family to use together or individually and can be ordered through the Centre.

To find out how Trevor and the team can help you, visit www.emotionallogiccentre.org.uk

Alternatively, call **08453 709706** (local rate), or **01752 892455** or email office@emotionallogiccentre.org.uk

**Emotional Logic Centre,
South Highlands,
Blachford Road,
Ivybridge
Devon PL21 0AD**