



With Jo Huey

Living with Someone's Addiction – The Family Perspective

Jo's an adult child of an alcoholic and has undergone over 20 years of self-development, as well as qualifying as a Master NLP Practitioner and Emotional Freedom Technique Practitioner.

As a personal change expert, speaker and author, Jo shares her experience of living in an alcoholic home. Jo's goal is to pass on her knowledge to professional, volunteers and others working with those affected so they are better prepared and have more specific ways to help.

Whilst Jo specialises in helping those affected by someone's drinking, her story relates to anyone living with someone's addiction or serious mental health problem.

Below is an example of the topics covered but this is flexible, dependent upon the audience:

- Brief overview of Jo's life and the challenges living with an alcoholic father (15 minutes)
- Typical characteristics and behaviours developed in an alcoholic home
- Impact in adulthood
- Typical signs of enabling
- Roles within an alcoholic / addiction home
- Tips and advice on how to help families
- Research/government updates
- Q & A

Timing:

60 minutes.

Investment

£100 + travel expenses at 45p per mile if over 3 miles from Bournemouth

Testimonials:

Jo's spoken to several different audiences, below are some excerpts:

"During the delivery of the session, Jo immediately engaged with the students with clear communication and an outline of the planned session. I can't speak highly enough of how Jo gave such personal insights into her own experience, with a balance of personal experience, research and constructive ways of assisting children and families in the future. The student cohort asked appropriate, but intimate questions, which Jo willingly answered".

Dr Jill Davey (Principal Academic, Bournemouth University)

www.johuey.co.uk

<http://www.youtube.com/c/JoHueybusiness>

www.twitter.com/joanne_huey

www.instagram.com/johuey_acoa