

# Gateway to Growth Programme

A structured one-to-one programme for professionals working with people who are no longer in an abusive relationship.

Originally developed for group work and provided across North West UK over the last 10 years, the Gateway Programme has now been adapted into a five-session format for individual delivery. It offers a respectful and safe way to explore recovery, build awareness, and encourage personal growth.

## Two key resources are required:

- Facilitator Manual – Session guides, reflection prompts, practical tips, and risk-aware delivery guidance.
- Support Resource Pack – Visual tools, optional handouts, and interactive materials to enhance learning.



**FAvailable on Amazon – Search “L R Dovie”**  
**or visit [phoenix-gateway.com](http://phoenix-gateway.com)**