

# Wellbeing Workshops with The Kindfulness Effect



- **Engaging, interactive and fun** workshops designed to show how you can use Kindfulness in practical ways to improve your day-to-day life.
- All workshops have **Kindfulness as a central theme** and include **breakout sessions and discussions**.
- Full of helpful **tools and techniques** that can be used straight away.
- A **one-page toolkit** is sent following each workshop which includes a summary of the session, helpful additional resources and inspiration.
- Workshops are suitable and hugely beneficial for everyone.

## Available workshops:

Kindfulness for Everyday Wellbeing

Managing Stress

Thriving Through Change

Compassionate Self-care for Resilience

Kindful Parenting

Kindful Communication



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# Kindfulness for Everyday Wellbeing



*"You can't stop the waves,  
but you can learn to surf."*

*~ Jon Kabat-Zinn*

Would you like to be better able to manage the ups & downs of life, while improving your overall wellbeing?  
Then come & learn about Kindfulness.

## **Kindfulness is made up of three key elements:**

1. Mindfulness (present moment awareness)
2. Kindness (care for yourself, others, and the planet)
3. Gratitude (the art of being thankful)

This 90min session touches on all 3 elements & provides you with a basic understanding of;

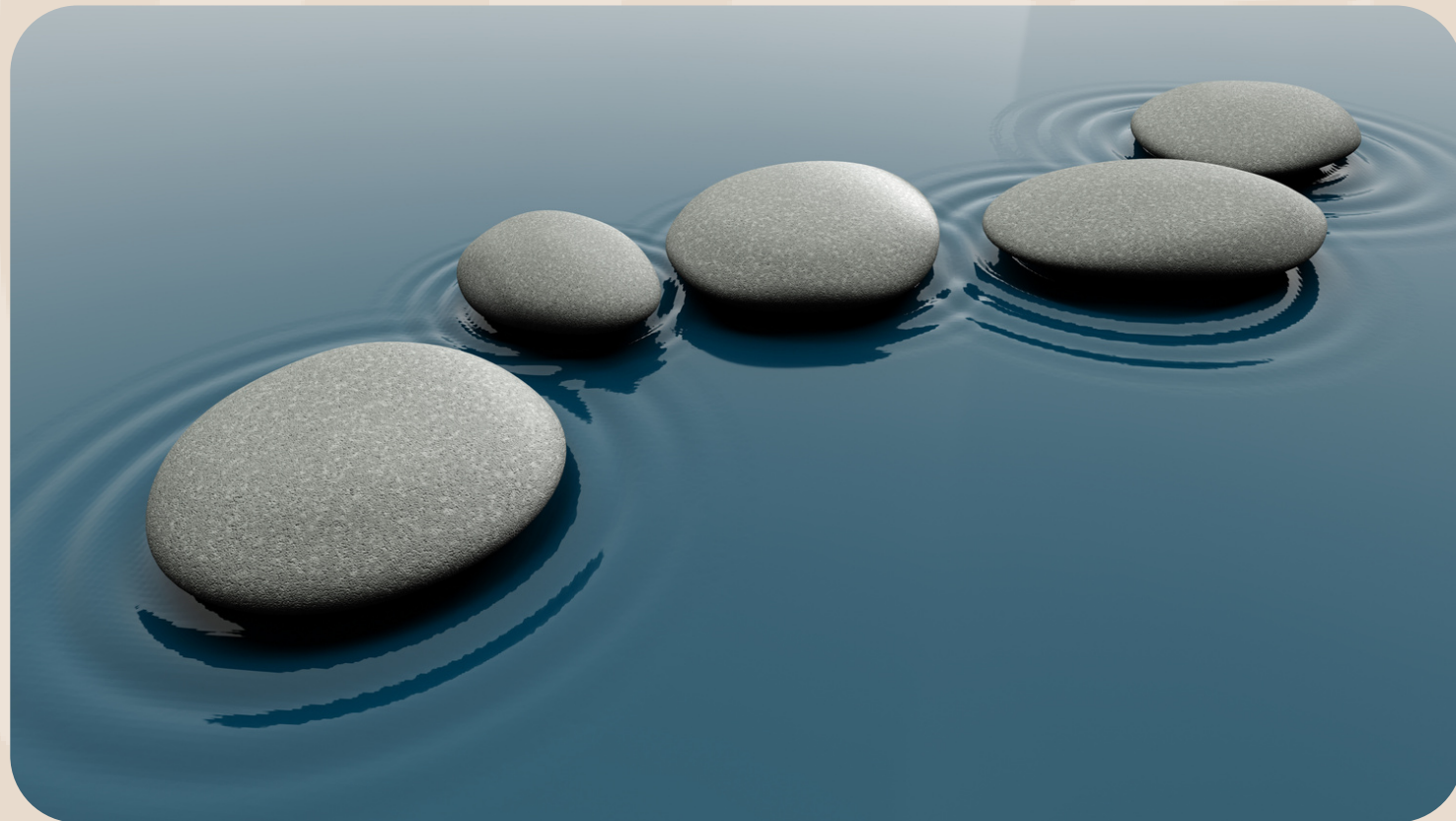
- what Kindfulness is,
- why it works &
- how you can apply it to your everyday life
- some simple & practical strategies to help improve your wellbeing

You will leave the session feeling more positive, calmer & with the realisation that the basic tools to create a more positive life & a better world, are at your disposal.



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# Managing Stress



*"It's not what happens to you,  
but how you react to it that  
matters"*

*~ Epictetus*

Stress is something we all experience to varying degrees during our lives.

At healthy levels, it can be an effective motivator, or act as a warning signal for a dangerous situation. But stress to the point of overwhelm or feeling you cannot cope, is mentally and emotionally exhausting. It can prevent us from fully enjoying life, from effectively carrying out day-to-day activities and can also have a serious negative impact on our physical wellbeing.

In this practical, engaging and interactive workshop, we will discuss **what stress really is, how to recognise your own stress patterns and relate to challenging situations in a calmer way.**

You will leave the session with your **own stress management toolkit**, which will help you to; pause and manage your responses to difficult situations, relate to yourself and others in a more accepting and kind manner and help you build resilience, feel at your best and **thrive.**



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# Thriving Through Change



*"Without change there would be no butterflies"*

**Any life is a life of change.**

We experience change in work, relationships, our physical and mental health, and as the last 2 years have shown us, changes in world events and circumstances. Sometimes change is welcome, however often it can feel deeply uncomfortable. Many of us spend a great deal of time and energy trying to avoid it, however the key to thriving through change is; our willingness to **accept it as part of life** and recognising that **we have a choice** about how to respond to it.

In this workshop we'll discuss **the nature of change** as part of the human experience, and how **through awareness, acceptance and optimism you can learn to embrace change and ride its waves.**

You'll leave the session with **theory, tips and practical strategies** to help you; build the foundations to support you when change arises, cope with change in the moment and ultimately **thrive beyond change.**



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# Compassionate Self-care for Resilience



*"And if I asked you to name all the  
things you love,  
how long would it take for you  
to name yourself?"*

## **What is compassion**

This workshop addresses compassionate self-care, which is thinking about yourself compassionately as well as treating yourself with care. Compassionate self-care is sustainable in the long term and allows you to cultivate healthy habits and balance for the mind and the body, helping you to become more resilient and thrive in all areas of your life.

## **Why it helps**

In this workshop we will discuss the importance of self-care and compassion. How these are essential to help maintain perspective and a sense of self, and how Kindful practice develops natural compassionate self-care, leading to better care for others and the world around us.

## **What you'll learn**

You'll leave the session with practical tips and strategies to build resilience – focusing on how to nourish your body, mind and soul through thoughts, actions and choices. And not a scented candle or bubble bath in sight!



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# Kindful Parenting



*"When little people are overwhelmed by big emotions, it's our job to share our calm, not to join their chaos."*

*~ L.R. Knost*

As busy parents, there are daily challenges to test your inner calm and patience. We'll discuss **how Kindfulness and adopting a Kindful approach can help you identify the triggers** to these challenges and **manage your responses** to them.

The Kindfulness exercises we discuss and practise will help you to understand **why it's essential to exercise your mind as well as your body** and to create some space between the stimuli and how you respond. We'll also discuss the **importance of self-care and compassion** and how these are essential ingredients to help maintain perspective and a sense of self. This in turn will have a positive impact on the whole family.

The content includes **discussions, practical activities and simple meditations, as well as a summary of the scientific research**, which supports it. You'll leave with some **simple and practical strategies** to help you remain calmer and to deal more effectively with whatever your little people throw your way!



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# Kindful Communication



*The quality of your communication  
is the quality of your life.*

*~ Anthony Robbins*

## Imagine....

- if every exchange was conducted with greater awareness, kindness and gratitude?
- If we listened to hear, rather than to reply?
- If we assumed positive intent and spoke with greater empathy and with intention and accountability?

This is Kindful communication.

**In this workshop you'll learn about Kindful communication, why it's beneficial & how to practice it.**

You'll leave the session inspired to engage in more Kindful communication and with some **practical tips to allow you to start practising straight away - so you can improve relationships in all areas of your life**, both as the communicator and the recipient of communication.



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