

A portrait of a woman with long, wavy brown hair and blue eyes, smiling warmly. She is wearing a light pink top with puffed sleeves and a pearl earring. Her hands are clasped in front of her. The background is a plain, light color.

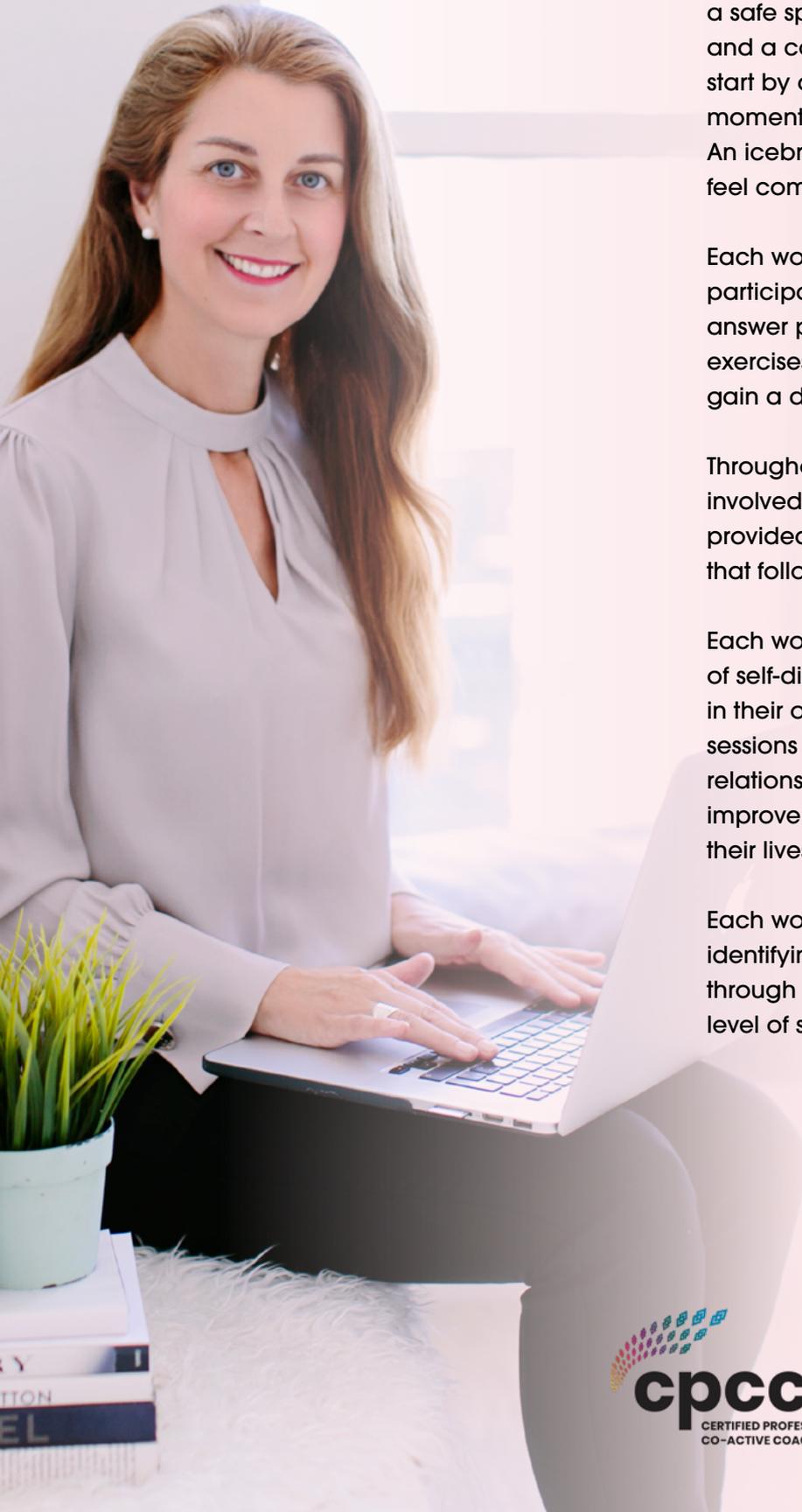
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EXPRESS TO SUCCESS

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Description of workshops

This interactive program teaches a variety of skills and techniques catering for a wide range of learning styles. Each workshop starts with creating a safe space and setting the scene, group rules and a confidentiality agreement. Participants start by acknowledging their own feelings at that moment in the form of an emoji, word or drawing. An icebreaker follows this to enable everyone to feel comfortable, safe, relaxed and connected.

Each workshop is created to enable each participant to spend quality time with themselves, answer powerful questions, complete various exercises and learn new tools and techniques to gain a deeper understanding of themselves.

Throughout each workshop, I encourage those involved to record key learnings in a workbook provided and reflect on those learnings in the days that follow.

Each workshop takes the participants on a journey of self-discovery, gaining awareness of themselves in their own time and at their own pace. These sessions ultimately help a person to build a healthy relationship with themselves which will, in turn, improve the relationships they have with others in their lives.

Each workshop has its own theme, whether that's identifying values or encouraging self-belief through self-discovery - all leading to an improved level of self-confidence and self-awareness.

WORKSHOP 1: LET'S IDENTIFY OUR VALUES



In this workshop participants will learn what's important to them, what makes them happy, what qualities they admire in themselves and others and what really matters to them.

DURATION: 60 MINUTES

Participants will take part in various activities including:

- Role play creation
- Visualisation in order to tap into their subconscious and to connect with their intuition
- Reflection tasks and takeaway points

Workshop outcome: These interactive activities are designed to elicit authentic information from the participants and have them gain a greater self-awareness, build their confidence and gain clarity of what's important for them.

WORKSHOP 2: LET'S DISCOVER OURSELVES



Do you know what your dream is?

In this workshop participants will learn what their dream is by working through thought-provoking exercises - gaining clarity of their goals and the confidence to work towards them.

DURATION: 60 MINUTES

Activities include:

- Pair-work questions to gain further insight into themselves
- Individual self-assessment
- Goal setting exercises
- Visualisation to deeper understand their goal
- Sharing, reflection and takeaway points

Workshop outcome: Participants will gain clarity on one of their goals through self-assessment and visualisation.

WORKSHOP 3: LET'S CONNECT WITH OUR SUPER POWER



In this workshop participants will complete an activity to discover a key strength of theirs. During the session, they will be asked thought-provoking questions in order to discover traits about themselves and become conscious of how they can use these traits to serve them as a superpower.

DURATION: 60 MINUTES

Activities include:

- Group ice-breaker
- Individual questions and assessment
- Artwork interpretation based on a realisations
- Pair and group sharing
- Reflection and takeaway points

Workshop outcome: Participants will learn what their superpower is and come away with a deeper understanding of themselves.

WORKSHOP 4: LET'S ACCESS OUR STRONG AND WEAK SELF



This workshop is all about visualisations and powerful questions. Participants will be encouraged to look at points in their life where they felt at their strongest and at their weakest. Using all of their senses, we will be delving deeper into the feelings of those moments, and learning how to tap into those feelings when needed.

DURATION: 90 MINUTES

Activities include:

- Visualisation sessions, including powerful questions to evoke feelings and heightened senses
- Artwork interpretation; pictures and words
- Reflection and awareness
- Takeaway points

Workshop outcome: These activities give participants an insight into what makes them feel confident and how to access that energy. It also helps them discover what happens when they are feeling weak enabling them to be conscious and be confident when they wish to.

WORKSHOP 5: LET'S FOCUS ON THE GOOD THINGS



By using various mindfulness techniques, participants will learn how to be more present - more in touch with their mind, body and feelings at that given moment. Throughout the session, they will be introduced to various mindfulness techniques, including Tibetan singing bowls and mindful movement.

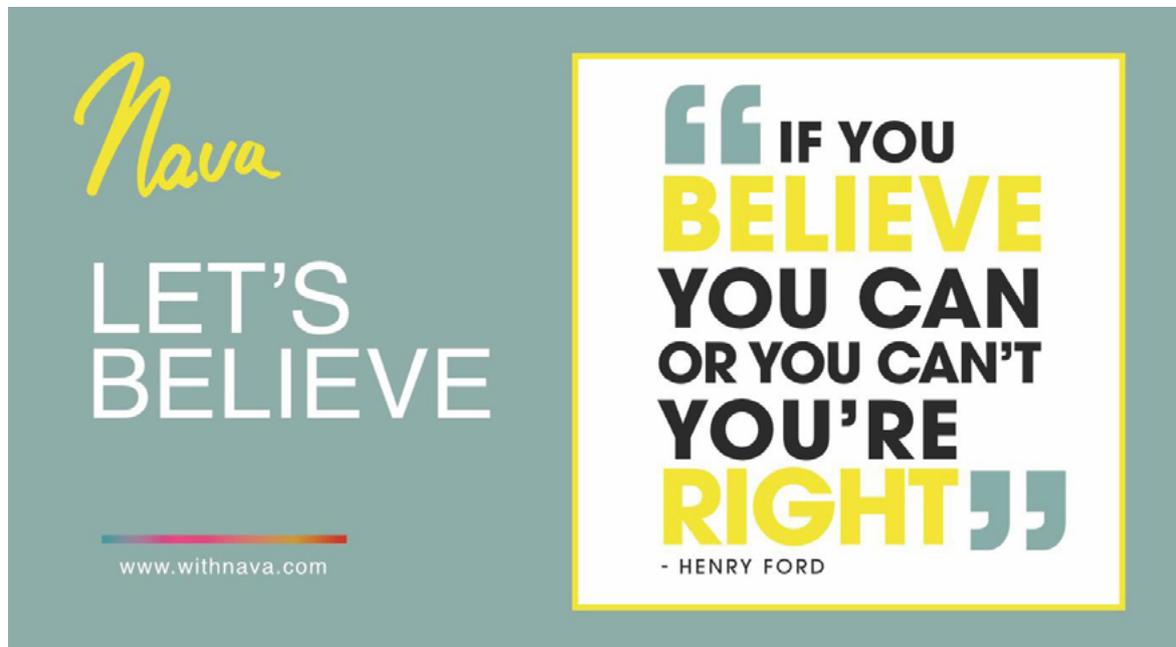
DURATION: 90 MINUTES

Activities include:

- Introduction to mindfulness
- Mindfulness meditation
- Various mindfulness activities
- Mindful movement
- Reflection and awareness
- Takeaway points

Workshop outcome: Participants will be able to use mindfulness techniques to decide how much attention they pay to different thoughts, giving them a way to talk to themselves when untrue thoughts arise. Participants will be able to separate facts and opinions and gain awareness of what is real and imaginary for them, giving them the freedom/ability to consciously choose what they want to believe.

WORKSHOP 6: LET'S BELIEVE WE CAN



Using a memorable event in their life, participants will use image prompts to tell a story to their workshop partner. The aim is to build a connection with other participants and discover different feelings that arise and different language that is used by the story teller. Following this, participants will delve deeper into themselves and elements of their life that have led them down their current path. They will also look back at obstacles that affected them, and current obstacles they have.

DURATION: 90 MINUTES

Activities include:

- Story telling
- Active listening and responding
- Group discussion
- Group work activity; time, money & energy beliefs and perspectives
- Sharing, reflection and takeaway actions

Workshop outcome: By understanding the impact of decisions, people and places in their life - participants will be able mould their future consciously.

WORKSHOP 7: LET'S CHOOSE OUR PERSPECTIVE



In this workshop participants learn the value of having multiple perspectives and how to choose the one that serves them best. By using personal examples, participants will gain an understanding of why contrasting perspectives are important and the power of choosing each one can have a different impact on their lives going forward.

DURATION: 90 MINUTES

Activities include:

- Introduction to perspectives
- Personal perspectives
- Alternative perspectives
- Group discussion and sharing
- Accountable actions & takeaway points

Workshop outcome: This workshop will increase awareness of the participants' own perspective and how they see the world. They will learn that they can choose the perspective they want that will serve them the most in any given situation.

WORKSHOP 8: LET'S FEEL AND INCREASE OUR EMOTIONAL AWARENESS



In this workshop, participants learn what emotional awareness is and the steps and benefits to processing their emotions through acknowledgement and overall awareness. Through mindfulness and visualisations, participants will gain a deeper understanding of the importance of emotional awareness and how it can benefit them.

DURATION: 90 MINUTES

Activities include:

- Intro to 'The Feelings Wheel'
- Mindfulness exercises
- Visualisations
- Artwork interpretation of feelings
- Emotional awareness; acknowledgment, acceptance and processing
- Group sharing & connection
- Reflection and takeaway points

Workshop outcome: Participants will learn the importance of emotional awareness and the benefits to acknowledging their feelings as they experience them. They will learn that understanding their emotions can help them better relate to other people, know what they truly want and make better choices. Participants are taught practical, simple and healthy ways to process their feelings.

WORKSHOP 9: LET'S EXPRESS OURSELVES THROUGH CREATIVITY



In this workshop participants delve into all things self-expression - why, what and how. They will discover different ways in which they can express themselves and find types of creative expression that suits their personality. Throughout the workshop, we discuss fears and how to overcome them.

DURATION: 90 MINUTES

Activities include:

- Group discussion; why should we express ourselves?
- Different forms of creative expression
- Practical activities to experience creative expression
- Discovering and identifying boundaries
- Communication and kindness techniques
- Visualisations
- Sharing and reflection

Workshop outcome: Participants will discover ways in which they can express themselves creatively and become fearless in their expression, while maintaining healthy boundaries with others.

WORKSHOP 10: LET'S CREATE OUR FUTURE, MAKE A PLAN AND TAKE ACTION



If your life was a story, what genre would it be?

In this workshop, participants will look at their past, present and future. They will write and tell their stories to gain a deeper awareness of themselves and the key experiences in their lives as well as giving them clarity of their desires in the future.

DURATION: 90 MINUTES

Activities include:

- Story creation and sharing session
- Assessment of current life and experiences
- Goal setting (SMART goals)
- Visualisations
- Artwork interpretations
- Sharing and reflection
- Accountable actions & takeaway points

Workshop outcome: This workshop teaches participants how to set goals and take action, showing them a variety of skills and techniques to do this with ease. It will also help them gain clarity and learn what it is they really want and how to start taking the small steps to get there.

WORKSHOP 11: LET'S TALK ABOUT SELF-IMAGE



This workshop increases awareness of and defines the meaning of self-image, in its healthy and unhealthy forms. Participants will learn about affirmations and create their own, along with discovering their saboteur (inner critic) and how to empower themselves.

DURATION: 60 MINUTES

Activities include:

- Introduction to self-image
- Awareness of own self-image
- Affirmation definition and creation
- Discovering own saboteur
- Q&A session / mini-quiz
- Sharing, reflections and takeaway points

Workshop outcome: Participants will leave this workshop with a greater understanding of what a healthy self-image is and the simple exercises they can do to improve their own.



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