



Learn mindfulness, improve self-esteem and resilience, gain leadership skills and more in our Personal Empowerment Workshops. These dynamic, fun and engaging workshops are designed for all ages, to help better equip you for life's challenges. The workshops are run by a qualified life and mindfulness coach with more than 20 years experience in personal development. They can be tailored to suit your group dynamic.

Depending on your desired outcomes, a set of three foundation workshops are recommended as an introduction to Your Personal Empowerment Journey.

If you are looking for a comprehensive, 5-workshop program tailored to a specific objective, the following three 'outcome based programs' are provided as suggestions:

- Mental Health Program
- Leadership Program
- Living with Purpose Program

Workshops may be undertaken either as a day or night activity.

Each individual workshop is a standard 1 hour 50 minute activity.

Please note the age suitability requirements under each workshop when booking workshops for school age children.

It is recommended that a teacher, chaplain or other mentor be made available during workshops to provide basic interim support to any attendees who may require it.

If you are unsure of the most suitable workshops to best suit your needs, or would like to enquire about a tailored workshop, please contact Laoise our life and mindfulness coach, directly on 0400 229 777.

Contact our friendly staff today to incorporate our Personal Empowerment Workshops into your next camp or team building event.

Depending on your desired outcomes, the following set of three Foundation Workshops are recommended as an introduction to Your Personal Empowerment Journey.



Helps to embrace one's uniqueness and appreciation of others differences.

Builds
Compassion
Respect
Self Esteem
Co-operation

Recommended as a foundation workshop

SUITABLE FOR GRADE 1+



Simple meditation and mindfulness techniques to find quiet amidst the chaos.

Builds
Confidence
Focus
Happiness

Reduces
Stress
Anxiety
Confusion

Recommended as a foundation workshop

SUITABLE FOR GRADE 1 +



Boosts emotional intelligence through awareness and provides simple techniques to transcend being stuck in a mood.

Secures
Happiness
Resilience

Reduces
Anxiety
Stress
Sadness

Recommended as a foundation workshop

SUITABLE FOR GRADE 1 +



Identifying and transmuting limiting beliefs and learning simple techniques to move through emotional pain.

Builds
Resilience
Self Esteem
Self Awareness

Increases
Happiness

SUITABLE FOR GRADE 3 +



Exploring personal gifts and their relationship to your life mission and values.

Creates
Purpose
Confidence
Clarity
Happiness

SUITABLE FOR GRADE 7 +



Practical tools for letting go, setting healthy boundaries and getting back on track.

Builds
Resilience
Compassion
Self Awareness

SUITABLE FOR GRADE 3 +



Growth Mindset

Exploring neural-plasticity and how we can use it to train our brains to achieve our goals.

Encourages
Creative Thinking
A Love of Learning
Confidence
Tenacity

SUITABLE FOR GRADE 3 +



Effective Communication

Exploring techniques for effective verbal communication.

Enables
Reflective Listening
Compassion
Awareness
Critical Analysis

SUITABLE FOR GRADE 3 +



Leadership

Exploring the characteristics of good leadership and techniques to embrace them.

Enables
Creative and Critical Thinking
Working Cooperatively with Varied Personalities
Responsible Decision Making
Increased Self Awareness
Awareness of Others

SUITABLE FOR GRADE 7 +



Get My Grit On

Exploring how to combine passion with determination to create sustained endurance.

Builds
Confidence
Tenacity
Success
Focus

SUITABLE FOR GRADE 3 +



**PERSONAL
EMPOWERMENT
WORKSHOPS**
Enabling the Best of YOU!



Setting My Goals

Practical tools for setting, tracking and achieving personal goals.

Builds
Confidence
Focus
Tenacity

SUITABLE FOR GRADE 3 +

