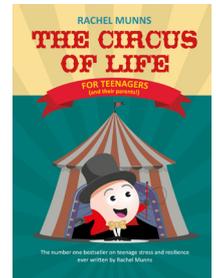


Circus of Life Open Workshop

Learning to navigate life is a little like learning to be a circus performer; we need to juggle a few balls, balance many demands, walk the tightrope, let go and trust that others will be there to catch us, clown around a little and feel the thrills.

The Circus of Life workshop looks at all the demands being placed on all of us in everyday life, and shows how to find balance, look after yourself, become resilient and take control of your future. Workshops are held in the East Midlands at the Resilient Me offices or at a nearby hotel depending on numbers - please see our website for forthcoming dates.



Description

Stress can be the cause of many adverse symptoms and illnesses that can be avoided. We are all living in an increasingly fast-paced world where the demands placed upon us at work, at home and socially can all start to take their toll. This workshop is designed to help attendees become resilient to these pressures, showing you how to spot and deal with the danger areas in your own life whilst looking forward in a positive and inspiring way.

Benefits

Attendees address their use of internal language leading to resilient thought processes.

Attendees examine the balance in their lives, identify the weak area(s) and commit to themselves to making positive changes.

Attendees gain a clear understanding of what stress is and are shown how to take an holistic approach to reducing the stress in their lives.

Attendees are encouraged to develop a growth mindset focusing on their desired outcomes.

Content

The workshop is split into three main areas: resilience, growth and wellbeing.

Each area contains exercises and information designed to encourage personal development and progress thus leading to reduced stress levels and increased resilience.

To remain relaxed and in control both our body and our mind have to be fit and healthy, so this workshop takes an holistic approach addressing body, mind and spirit.

Aims

The course has three main aims:

- To build resilient individuals
- To show attendees how to achieve a healthy work / life balance
- To encourage attendees to develop a growth mindset

Outcomes

Attendees learn to challenge habitual thought patterns replacing stress inducing language with resilient language.

Attendees identify the stress points in their life and commit to making necessary changes.

Attendees learn how to take an holistic approach to their well-being thus combatting stress illness.

Attendees begin to develop a growth mindset.

If you would like to register your interest in attending one of our Circus of Life open workshops, or to check availability, please contact us by email or phone.