



Just  
Breathe

**HELP HAS ARRIVED!**

# MASTER MIND

How the mentoring program works..

## Information for Parents



Simply sign up to the program with an **email account** for your child. Add your email as the secondary contact (if you like) so that you can also keep informed. You are welcome to be involved as much or as little as you would like to be.



Each week, for a total of 6 weeks, a new topic will be introduced and your child will receive an email with new **downloadable activities** that he/she can work on. Don't worry, the activities are lots of fun, so they won't feel like extra work!



Your child will also have access to a private **You Tube channel** where new videos will be uploaded regularly to keep your child inspired. The videos are short and sweet so they can be fitted in around busy schedules.



Once a week, your child will be invited to a **ZOOM call** for a Q & A type session and also to discuss the topic for the week in more detail. This is also an opportunity for your child to connect with other children doing the Master Mind program.



Your child will also have access to lots of other **free resources** to help them on their journey, such as meditations, visualisations and fun worksheets. They can access these materials online as long as they have an ipad or smart device.

## WHY?

We understand that parents are busy. We understand that you often have so many balls in the air that sometimes it feels like you just can't give your kids everything they need- especially when it comes to mental health & wellbeing! Over the years, we have heard so many parents say '*I just don't know how to help him/ her manage their mental health!*'. The good news is- we do! The Master Mind mentoring program has been developed on the foundations of the Greatfulness wellbeing program. Greatfulness ([www.greatfulness.com.au](http://www.greatfulness.com.au)) is a well established program that has been taught to thousand of primary school students Australia wide in a school setting. It is mapped to the Australian Curriculum. The content of the Master Mind program is research based, engaging and most importantly helps to empower your child to start taking care of their mind, body and spirit.

**It's like a bootcamp for your child's brain!**

# MEET THE MENTOR

Hi, I'm **Jacqui Jones**. I am a mum to two children, (ages 10 & 12) a social worker, meditation teacher and published author. I have been working with children and their families for over 20 years. I am also the Founder of the Greatfulness wellbeing program which has been taught to thousands of primary school children.

I work with teachers and parents and facilitate sessions for adults through the University of Sydney. In a nutshell, I love helping others! I truly feel that my mission in life is to help kids flourish. So much so, that I recently wrote 'The Greatfulness Guide' which is a mental health guidebook for tweens.

<https://greatfulness.com.au/the-greatfulness-guide/>



In my own journey to wellbeing, I have learnt so much about the power of the mind and would love to share my story and insights with your child. Don't worry- with over 20 years experience, I feel like I have a pretty good understanding of how to keep your child interested and engaged! I look forward to meeting you soon.

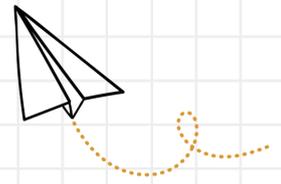
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*I was really impressed by you Jacqui, the openness of your own mental health battle and the work you are doing with all parts of the community is inspiring. We are so lucky to be part of a school community that values mental health of its students and that it is part of the education received. If only these types of programs were available when I was at school. It's wonderful that we can talk openly about mental health and encourage those around us to do the same. I congratulate you for being such a passionate advocate for children's well-being and thank you again for the session and work you're doing with our children.*

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# ITINERARY

Overview of the six topics we will cover...



*\*Super session for any children returning to school at the end of Jan/ beginning of Feb. 2021*

## SESSION 1:-

### CLIMB EVERY MOUNTAIN

Key themes:- Dealing with change, understanding fear & steps to building confidence.



## SESSION 2:-

### BAG OF TRICKS

Key themes:- How to take good care of yourself- mind, body and spirit and how this can help you with everything you do in life!



*\*Great self-care practices to help your child start off the year..*

## SESSION 3:-

### YOUR 3 SUPERPOWERS

Key themes:- Learn practical ways to make the most of your 3 superpowers- your breath, imagination & intuition.



*\*Helps your child understand that the breath is like hitting pause on our nervous system!*

## SESSION 4:-

### AHEAD OF THE GAME

Key themes:- Understand the brain and the power of your thoughts. Use this new info to your advantage!



*\*The benefits of visualisation will also be discussed in this session.*

## SESSION 5:-

### CREATURES OF HABIT

Key themes:- Understanding auto-pilot and how you can step out of your comfort zone to grow & flourish.



*\*Change required? Let's get started.*

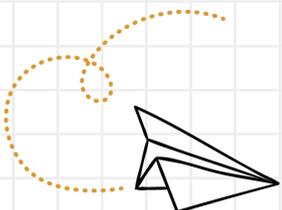
## SESSION 6:-

### TREASURE CHEST

Key themes:- Discover your strengths & talents. What makes you 'different' and how to make the most of who you are.



*\*Also understand the power of gratitude!*



# WHAT ELSE?

The mentoring program has been designed to be as straightforward for you and your child as possible. You won't need to download an app and you won't need to create some new account for your child and keep track of their password!

All you need to provide is an email address to get started.

I will also give you my word that I won't send your child lots of irrelevant junk! I totally get it. There is so much junk out there that they have already access to and actually this is a big part of why I have created this program. I want our kids to have access to decent 'brain food'! Just like many of us watch what we put into our bodies, it's equally as important that we watch what we are putting into our brains. I am on a mission to create wholesome, fun and engaging content to support a child's mental health & wellbeing.

# HOW MUCH?

One simple payment of **\$99**.

***No hidden fees. No monthly membership. Nothing complicated.***

We really do want this to be as straightforward for parents as possible. You simply invest \$99 and your child will be able to take part in a whole new adventure. Or, as I like to call it, a 'Headventure'.

It really is great value!

All you need to do now is head over to the shop on the Greatfulness website and click on the 'Master Mind Program' to get started.

**<https://greatfulness.com.au/master-mind-program/>**

# MORE DETAILS?



If you have specific questions please do not hesitate to contact Jacqui directly at [jacqui@greatfulness.com.au](mailto:jacqui@greatfulness.com.au).

## GREATFULNESS

DISCOVER YOURSELF



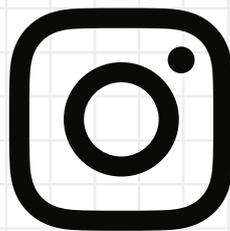
Alternatively, you can head over to the Greatfulness website to learn more about the Greatfulness program being taught in schools and to view the book 'The Greatfulness Guide'. Plus, you can start accessing **FREE RESOURCES** straight away.

<https://greatfulness.com.au/resources/>

Or you might like to follow us on social media:-



Greatfulness



@Greatfulgen



Jacqui Jones

<https://greatfulness.com.au/>