



DISCOVER YOURSELF

ONLINE WELLBEING SESSIONS

TOPICS INCLUDE:-

Sessions below are recommended for Stage 2 students .

1) ALL ABOUT CHANGE!

Coping with change & checking in with how I am feeling/ emotional scale.

ACTIVITY:- Managing myself matrix & exploring the power of the breath.

2) BAG OF TRICKS!

Understanding how I can take good care of myself

ACTIVITY:- What's in my bag of tricks? Looking at elements for mind, body and spirit.

3) MIND GAMES

Looking at the power of thoughts & their influence on how we behave.

ACTIVITY:- ANTS versus PETS worksheet or Inventory of thoughts

4) TREASURE CHEST

Focusing on your strengths and gratitude.

ACTIVITY:- My treasure chest meditation/ followed by worksheet.



*These sessions are interactive and usually make use of the chat room function in ZOOM.
The sessions run for around 20-30 mins, followed by an activity offline and can be extended if required.*

THE GREATFULNESS PROGRAM:-

1) GREATFUL:-

Key topics include:-

- *Getting to know the power of your mind;
- *Understanding your values;
- *Considering self-care & setting the foundations for wellbeing!

2) GREATLESSNESS:-

Key topics include:-

- *Coping with 'bad' days;
- *The connection between thoughts/feelings & behaviour;
- *Power of thoughts & recognition of our internal dialogue;
- *Worry Toolbox.

3) GRATITUDE:-

Key topics include:-

- *Growth versus fixed mindset;
- *What helps you flourish?
- *Understanding the flow state & how it can help;
- *Recognising the role of gratitude in our daily lives.

4) CREATITUDE:-

Key topics include:-

- *The power of imagination;
- *Understanding creativity;
- *Stories of courage to help move us forward;
- *Introducing the practice of visualisation;
- *Thinking about the future!

6) REALFLECTION:-

Key topics include:-

- *Bringing it all together;
- *Asking yourself 'What gift can I give to the World'
- *Understanding your Inner Compass & how it can guide you;
- *One final activity of writing a letter to your future self.

5) COMMUNIGREAT:-

Key topics include:-

- *Looking at the different ways we communicate;
- *Are you an introvert or extrovert?
 - *Social media footprints;
- *Understanding judgment and how it can impact our relationships.



CONTACT:-

m: 0400 456 531

e: jacqui@jacquelinejones.com.au

<https://greatfulness.com.au>



Independently reviewed by the Be You Programs Directory

© 2021 Greatfulness All Rights Reserved