



Connect and Harness Your Resilience

A 4-Week Experiential Online Workshop for Individuals Seeking Healing, Growth & Resilience

FOR
GENERAL
PUBLIC

Embody Your Strengths. Reclaim Your Story. Restore Your Energy.

Workshop Overview

Connect and Harness Your Resilience is a 4-week, 2.5-hour weekly online workshop for individuals ready to explore their inner landscape, heal from past wounds, and build adaptive capacity. Through Brainspotting and guided reflection, you will gain insights into yourself and your unique journey toward wellness.

Each themed workshop uses reflective questions, experiential activities, and mind-body practices to help you uncover what matters most to you.

What You'll Experience

- A deeply supportive group process
- Creative and reflective activities
- Brainspotting for emotional processing
- Self-awareness and integration of intentions
- Themes of energy, identity, connection, and healing

Reflective Process You'll be invited to explore:



Where am I now and what underlies this?
Where do I want to be?
What needs to change or be released?
How will I know when I've arrived?

Themes Available

Wellness & Intentions:

Wednesdays - 29 October, 5, 12, 19 November
(9.30 AM – 12.00 PM)



Illness & Chronic Health:

Tuesdays - 17, 24 November, 1, 8 December
(10.00 AM – 12.30 PM)



Mental Health:

Thursdays - 4, 11, 18, 25 September
(10.00 AM – 12.30 PM)



Grief & Loss – Bereavement:

Wednesdays - 27 August, 3, 10, 17 September
(9.30 AM – 12.30 PM)

& or

Tuesdays - 14, 21, 28 October, 11 November
(10.00 AM – 12.30 PM)



Program Fee

\$500 + GST

Who This Is For

Anyone experiencing life transitions, loss, emotional stress, illness, or simply seeking to grow and connect to their deeper self.

What You'll Bring

- Openness to self-reflection
- A desire to grow and connect
- Personal items for grounding and meaning
- A journal, tea, and comfort

Your Action

Please complete the Registration Form to express your interest.

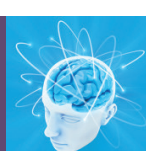
*The more resilient you become,
the gentler you'll be on yourself
and others.*

General Enquiries
& Registration Form



MINDMATTERS

COUNSELLING SERVICES



It is all about mind matters.

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