

MAKE ROOM FOR WHAT MATTERS

Liberate Yourself From the Nonessential

S I M P L I F Y



holding self in priority

Your *lifework* is important to you. Take this time to honour what you need for a satisfying life.

- discuss the topics of stress, anxiety and mindfulness
- reflect on your activity choices using the *24 hour lifework grid*
- assess how your schedule impacts the *Big 4* components for wellbeing
- a refreshing take on the topic of 'work/life balance'!

C L A R I F Y



letting go

Mentally, emotionally and physically declutter to enhance your wellbeing.

- identify barriers that mask your true position in life
- examine expectations, assumptions, habits and choices
- survey your comfort zone with autonomy

relationship with stuff

- learn about attachment to objects
- visualize a conscious curation of possessions
- apply organizing principles to remain liberated

P L A N



reconnecting with purpose

Open the door to effective and meaning-filled living.

- design new intentions in each area of your life
- establish motivation based on values
- put your life story into perspective

emotional intelligence (EQi)

- evaluate how you express yourself
- understand emotional information used to maintain social relationships, make decisions and cope with challenges

L I V E



letting in the light

Put everything into practice and embody thriving daily.

- contemplate states of optimism, joy, fulfilment
- try mindfulness and meditation exercises
- practice self compassion
- replenish resources for continued wellbeing

[PLAN & LIVE sessions part of six session package only]
[EQi available separately as group coaching session]

ALL SIX SESSIONS

2 day weekend/4 hours per day (retreat style, local or out of town) or
1 session weekly for 6 weeks /75 minute sessions (in Toronto office or other venue)

INDIVIDUAL SESSIONS

Holding Self in Priority 45-90 minutes

- lunch & learn
- small gathering
- large workshop

Letting Go 90-120 minutes

- small gathering
- conference workshop

Relationship with Stuff 90-120 minutes

- small gathering
- conference workshop

Emotional Intelligence 60-120 minutes

- 5 to 20 participants
- Individual pre assessment

Jo Bennett

Life Coach
Organizer
Minimalist



jo@solomojo.ca