

# SOULFUL WORKSHOP

IN PERSON/VIRTUAL PRESENTATION

£500

- S- Small Moments: Breathing exercises, scheduling our time, taking a step back
- O- Open Mind: Growth Mindset, Identifying stressors, what we can and cant control, prioritisation strategies
- U- Understanding Feelings: Zones of Regulation
- L-Listen and Learn: Active Listening Skills
- F- Fulfilment: Draining vs Fulfilling activities and how to use your time
- U- Unstoppable: Breaking down Goals, Confidence, Leadership, Resilience ,Failure
- L- Love yourself: Financial Literacy, Independence
- OPTIONAL Alcohol Awareness Presentation

PRICE BASED ON 1 HOUR COMMUTE FROM BEDFORD  
IF TRAVEL AND ACCOMMODATION IS REQUIRED THIS WILL BE AN ADDITIONAL COST

**@SOULFULCO.UK**