

Conscious Cups

Brewing Conversations that Matter

PAUSE. REFLECT. CONNECT.

What You'll Experience

- **Pause:** Step away from the pressures of daily life to create mindful presence.
- **Reflect:** Engage in guided exercises that illuminate your thought patterns, beliefs, and behaviours.
- **Connect:** Touch a deeper place within yourself where clarity, awareness, and insight emerge.
- **Transform:** Leave with renewed perspective, alignment with your core values, and tools to create meaningful impact in work, home, and life.

Why It Matters

Taking a conscious pause allows you to explore your inner world, your inner clarity.

- Better relationships with children, students, and colleagues.
- More thoughtful, aligned actions at work and at home.
- Enhanced emotional well-being and personal growth.

Duration & Format

- 3-hour immersive presence
- Guided reflections, practical exercises, and mindful conversations over a cup of tea/coffee
- Small, intimate groups to allow meaningful dialogue and exploration



Coach Ritesh
Master Certified Coach

