



Shine Bright Workshops Inc.





SHINE BRIGHT WORKSHOPS

Cultivating inner and outer peace in mind + body

At **Shine Bright Workshops**, we are passionate about sharing the wisdom and teachings of how to create a more **mindful, peaceful and stress-free lifestyle for both children and adults.**

We believe, as adults, it is our responsibility to share with children **bite-sized tips and tools** on **how to manage stress, anxiety, fear, peer pressure and overwhelm in every day life.**

We know the importance of **exploring, discovering, and staying connected to our true selves** as we weave through our busy lives. We strive to teach children and adults how to look within for their confidence, calming senses, self worth, kindness, inner strength, and compassion.

Each Shine Bright Workshop is unique and can be tailored around a specific topic.

Some of the modules we cover are:

- yoga
- managing emotions
- art as a meditation tool
- breathing techniques to manage stress
- journaling
- meditation any time
- discussion and more



If you are interested in having a Shine Bright Workshop please contact:

Jane Mollo Singh • 617-947-5809 • janemollosingh@gmail.com

www.shinebrightworkshops.com



SHINE BRIGHT WORKSHOPS

Cultivating inner and outer peace in mind + body

ABOUT US



Christine Hajar-Chastanet is a co-founder and creator at Shine Bright Workshops. Christine is a mother of 4 children, an artist, Reiki Master, and a Life + Success Coach for children. She has been studying energy healing for over 25 years. Christine has always been passionate about sharing the tools of energy healing and empowerment so kids can learn to harness their confidence, self esteem and self worth at a young age. When she isn't creating at Shine Bright, she is working from her Reiki Studio or teaching classes for kids. **Contact: christinechastanet@gmail.com • www.christinechastanet.com**



Jane Mollo Singh is a co-founder and creator at Shine Bright Workshops, a lifelong coach and athlete. Jane earned her certification as a health coach through Institute for Integrative Nutrition in 2011 and is also a meditation guide certified through Boston Buddha Meditation for Everyone™ since 2015. The desire to share this knowledge with others and connect and promote those that do wellness work within our community led Jane to create and organize the Norwood Community Wellness Fair in 2014 and 2016. Jane lives with her husband and two children. **Contact: janemollosingh@gmail.com**



Marie Seery is a partner and facilitator at Shine Bright Workshops. Marie has her Masters in Ed., and is an Integrative Nutrition Health Coach. She has a passion for inspiring young children to read, write and journal their own ideas and thoughts. Her training and experience as an educator for the city of Boston, coupled with her holistic approach to nutrition and well being, allows her to guide and mentor children and their families to make needed changes in their health and wellness. **Contact: mkmpon@msn.com**

If you are interested in having a Shine Bright Workshop at your establishment please contact:

Jane Mollo Singh • 617-947-5809 • janemollosingh@gmail.com

www.shinebrightworkshops.com



SHINE BRIGHT WORKSHOPS

Cultivating inner and outer peace in mind + body

TEACHER FEEDBACK

What do you remember most from our workshop?

- *The various tapping and breathing strategies to promote calming.
- *Learning lots of different calming techniques - shoulder and temple tapping.
- *Starfish breathing
- *Colorful rocks and dark rocks to illustrate positive and negative thoughts
- * Loved the singing bowl
- * I really liked the dream catcher worksheet. It was great because it was interactive and could be easily applied to the upcoming MCAS. I also loved the glitter jar, which kids were mesmerized by. And all the positive affirmations for the kids. It was such a fun, engaging, and helpful experience. We loved it!
- *I-am-so-___ confidence booster and other strategies for self-calming/boosting

What do you see easily integrating into you classroom routines from the workshop? (language, phrases, methods, etc)

- *The calming glitter jar & various tapping/breathing strategies.
- *Positive thought, self-calming techniques
- *Everything! This is everything we are practicing everyday! Centering our thoughts, being proactive instead of reactive, tapping into our inner strength etc. etc.
- *Some of the different tapping exercises with fingers ("I am confident," etc.)
- *Body tapping to revive/relax, and other strategies for being mindful.

If you are interested in having a Shine Bright Workshop please contact:

Jane Mollo Singh • 617-947-5809 • janemollosingh@gmail.com

www.shinebrightworkshops.com



SHINE BRIGHT WORKSHOPS

Cultivating inner and outer peace in mind + body

FAQ's

1. Are there any schools around here that have done this workshop and do they have reviews of the workshop?

Yes, we have had repeated sessions in each school listed below. We can provide you with contact information upon request, if you would like to hear their feedback and classroom experience with Shine Bright Workshops.

Downey Elementary School, Weswood, Sheehan Elementary School, Westwood, Bennet-Hemmenway, Natick, Memorial Spaulding, Newton, Oldham, Cleveland, Callahan, Balch Elementary Schools, Norwood, Coakly Middle School, Norwood, Greenlodge Elementary School, Dedham, McKinley South End Academy, Boston, Wheelock Elementary, Medfield, Dale Street Elementary, Medfield

Private Workshops:

Center of Westwoods, Walpole Recreation Summer Camp, Norwood Recreation, Girl Scouts, Mass Motion Dance, Medfield, Impact Norwood

2. Do the teachers stay with the kids during the workshop or are the teachers brought out for their session at the same time?

Yes, the teachers will stay with the students during the workshop. During our school workshops, we find it most powerful to present in the classroom so children learn calming techniques in the setting they will be using them in.

3. Do any of the workshop leaders have psychological background?

No, we do not have psychological backgrounds but collectively we have certifications in yoga, meditation, energy healing, and education. You can read our individual credentials listed in our bios included in this packet.

4. How does this relate to the educational atmosphere?

We teach specific physical, mental, and emotional exercises, to help children manage their feelings in the classroom and in daily life. We show the students how to use their body, breath and mind to regulate anxiety, overwhelm, and fear, around test taking, social situations and more.

If you are interested in having a Shine Bright Workshop please contact:

Jane Mollo Singh • 617-947-5809 • janemollosingh@gmail.com

www.shinebrightworkshops.com



SHINE BRIGHT WORKSHOPS

Cultivating inner and outer peace in mind + body

FAQ's cont'd

This relates to the educational atmosphere by teaching children where their feelings live inside their bodies so they can access positive feelings about themselves and have more room in their mind and bodies to focus on learning and retaining information.

There is science based research showing how mindfulness is helping children tune into the learning process, assisting them with emotional and self regulation, focus, decision making and more. We usually can't control the stress that comes our way, but we can control how we respond to it. Through self acceptance tools, yoga, meditation, breath work, and props, we provide a solid foundation of simple calming techniques children can understand and implement in any situation, at any time day.

You can read more about what we provide at ShineBrightWorkshops.com



If you are interested in having a Shine Bright Workshop please contact:
Jane Mollo Singh • 617-947-5809 • janemollosingh@gmail.com
www.shinebrightworkshops.com



SHINE BRIGHT WORKSHOPS

Cultivating inner and outer peace in mind + body

TESTIMONIALS

From the 5th graders at the Sheehan Elementary School, Westwood, MA

I liked the tapping

I liked superheroes

I enjoyed the yoga mats!

I liked everything because all the people were so nice and calm.

I liked the meditating

I liked the breathing!

I liked the hand yoga mat

I liked the superheroes

The mats and gold water was pretty cool!

I really liked the tapping and I also like the breathing and counting thing!

I liked Meditation!

I liked how we learned all of these new strategies

I liked breathing it really calmed me down

I loved the whole thing so just keep doing it all! :)

I like the superhero stuff!

I liked when we did the superhero cards

I liked the Superhero talk!

I liked that it was calm

If you are interested in having a Shine Bright Workshop please contact:

Jane Mollo Singh • 617-947-5809 • janemollosingh@gmail.com

www.shinebrightworkshops.com