

Live your Best Life Workshop series (10 hours over 5 sessions)

To live your best life, you must begin with self discovery, live wholeheartedly, and learn to live mindfully. Being present, understanding what is important to you, knowing where your strengths and weaknesses lie, setting goals, and breaking down barriers, sets you on a path to living a more fulfilling life, and gives you the tools to help you reach your goals. During this series of workshops, participants will leave feeling empowered to live their best life and inspired to achieve their life goals.

Wendy Malko and Rebecca Powell from Empowell co-facilitate this series. Mindfulness training and meditations are included throughout this series of workshops. The mindfulness training and meditations are provided by Wendy Malko, a mindfulness facilitator and certified life coach. To learn more about Wendy, please go to www.mind-over-matter.ca.

Workshops at a glance

Session 1 - Identify Core Values

This session has been known to be the most powerful. you may think you know your values, but this workshop brings them to the forefront and challenges you to think about whether you live by them.

Session 2 - Identify Character Strengths

Our character strengths often go hand in hand with our personal values. Discovering what your particular strengths are and how you can use them in all areas of your life will help you in making life decisions that are more fulfilling.

Session 3 - Visioning

Those who have a clear vision of their future are more likely to accomplish the things in life they want. In this session swill be guided through a process that will help you see yourself 5-10 years down the road. You will create a dream board and leave with a clear vision of your best life.

Session 4 - Goal Setting

We too often hear that people set goals and find it very difficult to accomplish them. You will leave this session having mapped out what your goals are and the steps you need to take to accomplish them. After this session you will feel empowered to make your vision into a reality.

Session 5 - Breaking Barriers

You will discover what has been holding you back and you will conquer these barriers during this session. You will leave this session feeling like a warrior , ready to take on the world with a whole a new level of confidence!