

Wellbeing Workshop

For Secondary School Students



Skills for Life

Learning positive self-care tools educates and empowers young adults to proactively manage their physical and mental health, develop emotional intelligence and motivates their progress towards their goals and ambitions.

We are constantly challenged by complexities and pressures associated to the fast-paced lifestyle that surrounds us. We are 'switched on' and accessible in a multitude of ways that places demands on our attention, time and health. While the benefits of technology and instant information is obvious, it is our self-management and personal prioritisation that need resilience in order for it to genuinely benefit us.

1

PHYSICAL

Yoga, Somatic Movement, Postural Alignment, Stress & Tension Release

2

MENTAL- EMOTIONAL

Meditation, Yoga Nidra, Breath work , Focusing Techniques, Creativity for Health

3

SELF AWARENESS

Personal Values, Needs Analysis, Recognition of Fears & Ambitions, Inspired Goals



Format:

Interactive engagement and discussion of material.

Facilitator:



Laura is a life coach, yoga, somatic movement and wellbeing expert mentioned in the Irish Times & TV3.

What you need?



A warm room, flip-chart and students bring their own mat, water, notebook and pen.

Programme Details

The workshop focuses on physical, mental and emotional health through practical and interactive facilitation.

Specifically designed for secondary school students, workshops are delivered over a full day programme or two separate half day events.

A workshop consists of 30 students / a class group to ensure individual attention, focused process and small group dynamic. Price per student is 30 euro.

“All change starts with an awareness of who I am and what I need.”

Schedule of Activities-

- Yoga, Somatic movement
- Posture & Stress/ Tension Release
- Techniques to Manage Anxiety & Stress
- Self Awareness, Emotional Wellbeing
- Values, Beliefs, Goals & Ambition
- Meditation, Yoga Nidra, Visualisation
- Toolkit Review & Action Plan

Students better manage exam pressure and feel more confident to make the career/college choices true to them and their ambitions after experiencing this workshop.



Students will learn skills that will have a positive and lasting impact on the rest of their life, including, How to:

- Sustain their energy,
- Make clear decisions based on their needs
- Develop emotional intelligence,
- Recognise and manage stress
- Inspire themselves towards personal ambitions
- Develop greater self awareness
- Develop resilience in challenging situations

To book a workshop for your school-

Visit: www.healingyoga.ie/schools

Email: laura@healingyoga.ie

Phone: 0879633229

CREATIVE FACILITATOR & COACH

Laura Sarah Dowdall is a wellbeing expert working one to one, in group and workshop settings, she offers an integrated practice that combines her skills in dance, yoga, meditation, bio-energetic energy work, reiki and life coaching to create an enriching whole body experience.

“Yoga, mindfulness and meditation can be just the antidote to the go-go, technology-saturated lives in which children are immersed. Dowdall aims to empower them with techniques that they can use in decision-making and in recognising and coping with different emotions.”

– Extract from Irish Times Article in the Family and Health Supplement, September 2017.

