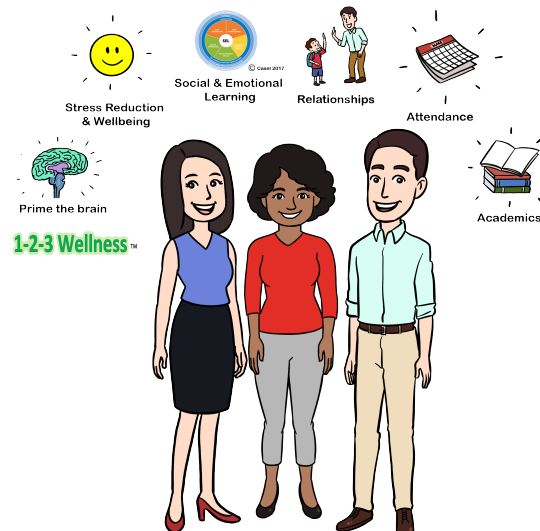


# Examples Topics and Experiences

## Self-Care Vision

In this interactive experience, we are going to take powerful steps to make emotional intelligence, self-care, mindfulness and trauma informed practices come to life. As part of the experience, participants are introduced to the core 1-2-3 Wellness™ practice which empowers them to make mindfulness and self-care come to life in their daily experience. Participants will be guided and supported as they begin crafting their own self-care plan which we will be completed as part of this learning experience.



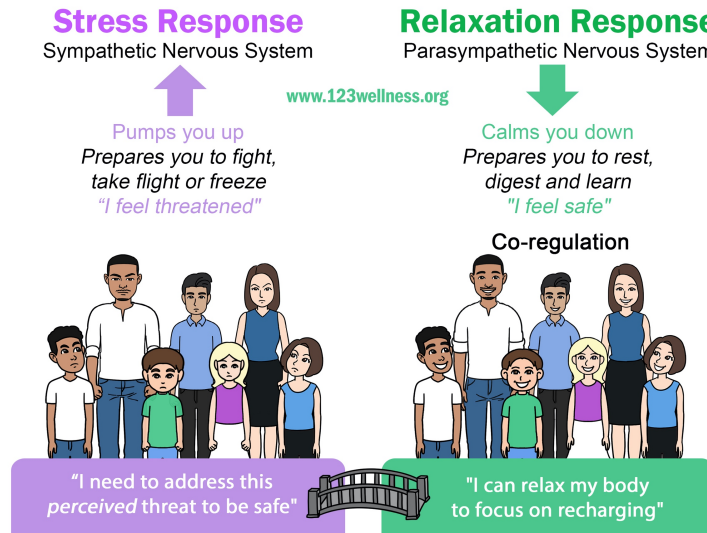
## Self-Care Tool Kit

Participants are introduced to *dozens of simple, yet powerful self-care practices*. Foundational information and experiences are also introduced via a “connections toolkit” inviting participants to *reimagine self-care* and well-being while focusing on the *vital role that key components can play* in daily success.



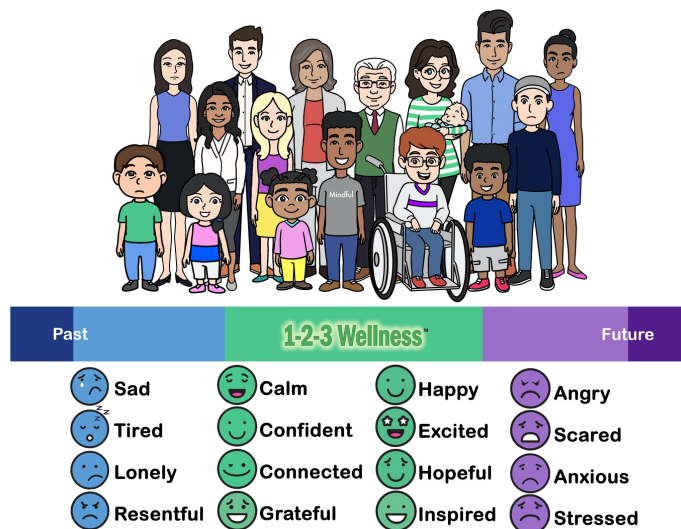
## Processing Stress in Healthy Ways

Together, we will increase our capacity to cultivate of safety and connection with intention. Driven by neurobiological research, participants are guided through an experience fostering growth in their capacity to *process stress in healthy ways*. Participants will also learn practical ways to processing *thoughts* in ways which invite calm.



## Mindfulness and Processing Emotions in Healthy Ways

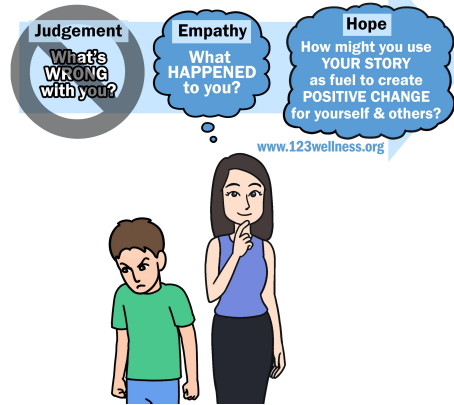
Participants are provided with tools to *develop mindfulness* through intentional practices and *process emotions* in ways which propel well-being. Vital topics including self-compassion and appreciation are also addressed.



## Developing a Trauma-Sensitive Lens

Participants will gain access to tools which allow us to create daily practices *which brings trauma-sensitive work to life* guided by empathy and hope. In this interactive workshop experience, participants are taught a *simple, yet powerful equation (EEE)* to change how we think about and respond to trauma guided by a *strengths-based approach*.

### Shifting to a Trauma-Informed Lens



## Thriving

This opportunity invites participants to *make powerful connections, collaborate with one another and overcome challenges* with practical solutions. Guided by seminal and cutting-edge research, participants will understand how individuals, whether or not they have experienced trauma, can *become transformational characters*. In this interactive workshop experience, participants will be able to reflect and build upon a personalized self-care plan they have created as part of this 1-2-3 Wellness™ learning experience. Participants are guided to think beyond practices, or tools, to opportunities to *create sustainable systems*.

