



Understanding Personal Self-Care for Success Workshop Series

Cost: \$650

We are living in a time of increasing pressure and stress; leaving many people working frantically, thinking short-term, and feeling disconnected. In this paradigm our own self-care is often neglected or at the bottom of the list. The Personal Self-Care Series is an evolving personal learning project in which participants explore and reflect on past experiences and make improvements as they move along. Leaving a little different than when they started the program.

	Date & Time	Module Topic	Outcome
1	February 23 12:00 PM to 2:00 PM	Workplace Stress	Participants will how loss, divorce, children relocating, family dynamics, and values and social pressures can all can impact our health, happiness, and wellness at work. <ul style="list-style-type: none"> • Tools and tips to navigate the major stresses • When, what happens and why? • Develop a personal wellness plan.
2	March 2 12:00 PM to 2:00 PM	Social Anxiety	Participants will learn how social anxiety may take many forms, shyness, lack of confidence in interpersonal interaction, performance or speaking anxiety, or easily embarrassed. <ul style="list-style-type: none"> • Defining Social Anxiety, • Causes, barriers, and challenging our thinking, • Exposure hierarchy and • Self-help strategies
3	March 9 12:00 PM to 2:00 PM	Balanced Life	Participants will learn strategies on how one establishes a work/life balance and will explore what work/life balance means to you. <ul style="list-style-type: none"> • What does balance look like? • How is our Wellness Wheel • Dimensions of and exercise for our Wellness Wheel.
4	March 16 12:00 PM to 2:00 PM	Sleep	Participants will learn about the benefits sleep how rest improve health, concentration and memory, energy, and metabolism. <ul style="list-style-type: none"> • Nature and stages of sleep. • Possible causes of poor sleep hygiene. • Guidelines and tips for a good night’s sleep.
5	April 6 12:00 PM to 2:00 PM	Journaling	Participants will learn strategies the many formats and techniques for journaling and how journaling is a method to create a disciplined daily or weekly journal of hand-written notes to identify and explore thoughts, feelings, judgements and opinions. <ul style="list-style-type: none"> • What is it? • Types of journaling, • Benefits (e.g. for personal growth & development, self-esteem, etc.).
6	April 13 12:00 PM to	Mindfulness	Participants will learn strategies about state of being fully present in the moment, but what does that mean on both an emotional level and practical level.

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	2:00 PM		<ul style="list-style-type: none"> • What it is and what it's not. • Key components, benefits, • Mindfulness exercises, • Relaxation techniques.

About Changewerxs



Jason Wong developed Changewerxs from a commitment to the understanding that while knowledge is wonderful, unless knowledge is applied, it's just theory. Practice does not come from Theory. It's the other way around. We can always obtain knowledge from all different forms of social media. *But the application of knowledge, and the continued practice of that, is what facilitates change.*

All workshops are interactive, only of a 2-hour duration each and seek to accomplish two things. Firstly, it's predicated on enhancing and deepening group learning through the dynamic sharing of participants' knowledge and experiences pertinent to the topic at hand. Secondly, in our 'busy' lives, a 2-hour workshop helps maintain our attention and focus, keeping it pithy, specific and effective. All workshops are based on the concepts CBT (Cognitive Behavioural Therapy), MBCT (Mindfulness Based Cognitive Therapy) and DBT (Dialectical Behavioural Therapy), among others.

Jason has over thirty years of experience as a certified facilitator and trainer.