

# ***BOUNCE BACK STEP FORWARD WORKSHOPS***

***RESILIENCE IS OUR ABILITY TO BOUNCE BACK. BE THAT FROM CHALLENGES, PRESSURES, TRAUMAS OR SOMETIMES LIFE IN GENERAL.***

***BY BUILDING OUR PERSONAL RESILIENCE, WE ARE MORE ABLE TO COPE WITH THE STRESSES AND STRAINS OUR LIVES PLACED UPON US. THIS IS ESPECIALLY IMPORTANT WHEN WE ARE IN SITUATIONS WHERE WE GET LITTLE OR NO RESPITE.***

***THESE TWO WORKSHOPS WILL TEACH TOOLS AND TECHNIQUES TO BUILD YOUR PERSONAL RESILIENCE AND EMPOWER YOU TO BOUNCE BACK AND STEP FORWARD WHILST ALSO LOOKING AFTER YOURSELF. BECAUSE YOU MATTER.***

***LASTING 90 MINUTES EACH AND DELIVERED ON ZOOM ONE WEEK APART, THESE TWO SESSIONS ARE INTERACTIVE WITH THE CHANCE TO ASK QUESTIONS ALONG THE WAY.***

***YOU WILL ALSO BE PROVIDED WITH HANDOUTS OF THE TECHNIQUES TAUGHT, AND AN AUDIO FILE OF A MINI MEDITATION/RELAXATION TO USE ANYTIME.***

**The  
kintsugi  
collective**



