



Gmichelle Presents:

Signature Self-Care Workshops

Virtual learning experiences
developed for your group to
intentionally create space for
self-care



Signature Self-Care Workshops



Self-care for busy, caring people is a necessary and important part of overall wellness and well-being. Too often, self-care can be neglected, ignored or forgotten about in the busyness of daily life.

Through Gmichelle self-care workshops, attendees will gain practical and effective tools to create space for self-care in a compassionate, supportive learning environment.

Each 60-minute virtual workshop includes:

- Strategies to prevent burnout and fatigue
- Self-reflective journaling prompts
- Group discussion of self-care ideas
- Follow-up resources and accountability support

You and your group can choose from four of our signature workshops:

- Pouring Into You
 - Navigating the Unexpected
 - Helping the Helper
 - Releasing the Pressure
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Pouring Into You

A guided journaling workshop to discover what your best self needs for self-care. This workshop offers an introduction to creating a self-care practice, guided journaling prompts and reflective practices to develop your personalized self-care plan.

Navigating the Unexpected

An interactive workshop focusing on building self-care practices to cope with the COVID-19 pandemic. This workshop addresses the impact of the COVID-19 pandemic on mental health and self-care practices to support adapting to sheltering-in-place and setting work from home boundaries.

Helping the Helper

An educational workshop for helping professionals, addressing ways to prevent burnout, compassion fatigue and secondary trauma through supportive self-care practices. This workshop discusses strategies to prevent burnout and ways to incorporate self-care during and after your work day.

Releasing the Pressure

A supportive workshop for busy professionals, focusing on developing stress management and self-care practices. This workshop discuss reflective ways to recognize feelings of stress and practices to manage stress on a daily basis.



**Is your group ready to
to create space for self-care?**

Contact workshop facilitator, Michelle
Goodloe, via email at **contact@gmichelle.com**
or schedule a free consultation by visiting
<https://calendly.com/gmichelle>.