



### **Being brave in the face of the unknown.**

In these dark and difficult times, how can we learn to muster our courage and be brave in the face of the unknown? That's why I decided to set up the “**Living Bravely Coaching Circle**,” to help support you and bring people together as we live in isolation.

Together we will explore how to overcome fear, embrace gratitude and wonder, and thrive even in these most perilous of times. Very excited to be offering groups in both French and English. I look forward to welcoming you and your friends into the Coaching Circle.

Be smart, be brave and be kind.

Suzanne

### **What's involved?**

In a small group of 10 people (max), we will meet over ZOOM once a week (for 4 weeks) to create a positive and uplifting start to the week, over a virtually shared cup or coffee or tea. Using mindfulness and mindset coaching, I will share practical tips and tools as well as set you up with daily rituals to help you reduce stress and create space for inner calm. We will also support each other as a group, both during the sessions and through a dedicated Facebook Group. The only investment is your time (45 - 60 min. per session plus short daily exercises) and a positive attitude!

### **Topics**

- Week 1 Increasing calm by overcoming Fear
- Week 2 Managing your Energy and Self Care
- Week 3 Embracing gratitude and accessing your strengths
- Week 4 How to be comfortable with being uncomfortable

## Benefits

There are many benefits to participating in the Living Bravely Coaching Circle -

- Build resilience and reduce stress.
- Build a sense of control over your life.
- Connect with like-minded people.
- Share stories (triumphs and challenges).
- Learn in an engaging and supportive environment.

## Times and Languages

Please choose the group that suits you best and sign up today as spots are limited.

| Group | Dates                      |      | Perth   | Sydney  | Auckland |
|-------|----------------------------|------|---------|---------|----------|
| 1     | 20, 27 April and 4, 11 May | Full | 7 am    | 9 am    | 11 am    |
| 4     | 20, 27 April and 4, 11 May |      | 5 pm    | 7 pm    | 9 pm     |
| 5     | 19, 26 April and 3, 10 May |      | 5 am +1 | 7 am +1 | 9 am +1  |

**"To be brave is to live in a way where love triumphs over fear."**

**- Suzanne Salter**