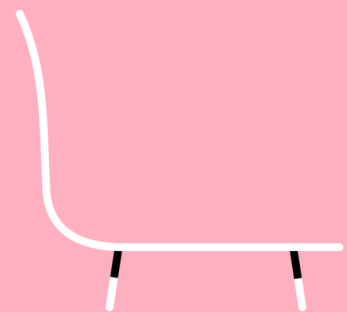


REALISING POTENTIAL: SURVIVING OR THRIVING?

A WORKSHOP WITH SELF SPACE



SELF SPACE

EVERYDAY MENTAL MAINTENANCE

Title:

Surviving or Thriving

Duration:

90 minutes

Self Space:

In a world which can sometimes be challenging, frightening, overwhelming, complex and seriously hard to navigate, it's not surprising that sometimes we don't feel ok. Everyday mental maintenance is an essential part of surviving. Self Space offers a contemporary approach to maintaining good mental health. They offer a good conversation with a qualified person, a space to reflect, process and off-load.

What:

Join the Self Space team for a talk and workshop exploring the theme of 'thriving or surviving'. The experiential workshop will be facilitated by two qualified therapists and will focus on what it may feel like to be in survival mode within our lives, and what it may feel like to be thriving. In this, we will look at creative ways of bridging this gap by asking questions of 'where we're at', 'where we want to be' and 'how we're going to get there' - and responding through creative and therapeutic tools. How can you perform in your life in way which feels like thriving? There will be a focus on goal setting, obstacles and support systems - offering a space for people to pause, reflect and share when they want to. Expect a balance of support and challenge.

Download the Self Space app

www.theselfspace.com

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[@theselfspace](https://www.instagram.com/theselfspace)

