



Embracing Curiosity for Acceptance & Growth

A workshop presented by Sarah Spiteri from Studio Mind and Learning.



Aims of the workshop

Curiosity can help us develop greater acceptance of ourselves and help facilitate growth. Of course, it requires vulnerability and courage but it is ultimately worth it! This workshop aims to help you embrace self-curiosity through new and existing knowledge, a range of guided exercises and shared experiences on the topics listed below.

We hope you can join us to get curious, brave & real!

Curiosity & Emotion

Many of us can identify when we feel sad, mad or happy but what about other emotions? Learn to embrace self-curiosity to really identify which emotions you are experiencing and how you might best work with them.



Fear & Vulnerability

Understanding where our fear comes from and how it manifests for us can be the first step in fearing less. Here, we will embrace vulnerability to face up to fear and see it for what it really is. Learning how we react to fear can help us better respond to future challenges.

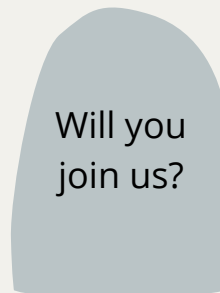
Q & A with Nadia Dineen

Nadia will share her experiences with anxiety in a session that invites us all to be brave and open.



This is me, not a narrative.

Using our curiosity to ask the big questions- What does my brave, authentic self really want? How can I identify and use my values, purpose and yearning to truly embrace life?



When: Saturday, April 30, 10:15am-3pm

Where: Studio, Hyphen Wodonga

Cost: \$150- includes light lunch

To book or for further detail: email Sarah@studiomindandlearning.com

