

# PLAYSHOPS AND RETREATS

**InSpired Focus**

Counseling, Play, Sport, and Team Services



*Playful workshops for mindful discoveries!*

## Mindful discoveries through play & reflection!

In playshops we use mindfulness and play to learn about our selves in relation to important life-issues. Fun, interactive games like the "mindful amoeba" embody four life-skills (how to BE, SAY, SEE, & DO).



You learn how to...

# BE...

We explore the neuroscience of mindfulness and a "tri-brain meditation" that relates to the first three skills and the three levels of the brain...from the bottom up!

# SAY...

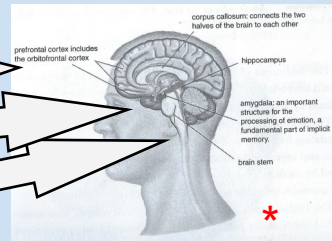
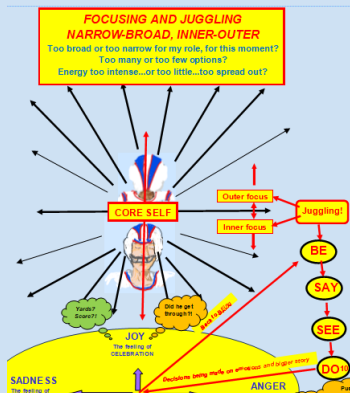
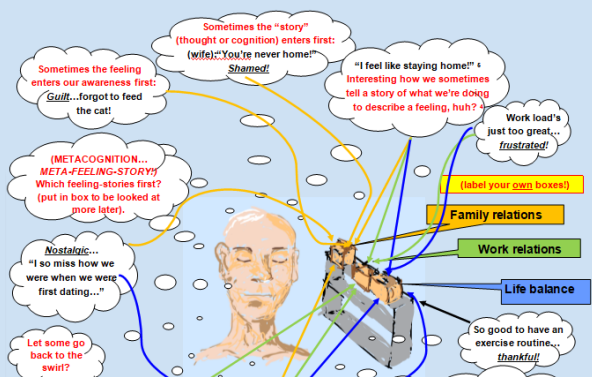
We explore the logical, good purposes of "feelings" and "emotions" and how the way "we talk to our selves" affects our well-being.

# DO...

We explore how to juggle the four skills inside of our selves, outside of our selves, and with others in compassionately fair life-games which we choose and create.

# SEE...

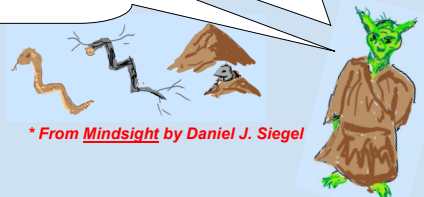
We explore how to notice and choose which "feeling-stories" in our lives to focus on and which ones to let go of. We start to make fresh "game plans" for our day, for our lives!



- SEE** ...which ones you want to Focus on!
- SAY** ...what your feelings are...what InSpire you!
- BE** ...in your body's basic functions...breathe!

Snake or stick, mountain or molehill...feelings help discern, they do. Good they are!

Mindfulness, good it is, with it, my name remember, "YODA": You Observe and Decouple Automaticity.\*



\* From Mindsight by Daniel J. Siegel

**Your facilitator...**

Hi, I'm Gary Schapper, founder and chief facilitator of InSpired Focus. I have Masters degrees in Theology and Clinical and Sports Psychology and am a Licensed Marriage and Family Therapist (MFC 52939).

*I look forward to helping you with your mindful life... your InSpired Focus!*

- Gary

