

PLAYSHOPS AND RETREATS

Playful workshops for mindful discoveries!

InSpired Focus

Counseling, Play, Sport, and Team Services



Mindful discoveries through play & reflection!

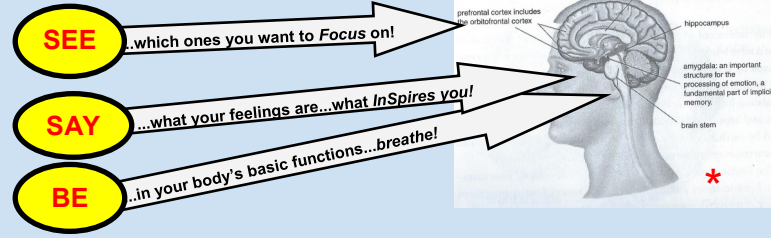
In playshops we use mindfulness and play to learn about our selves in relation to important life-issues. Fun, interactive games like the "mindful amoeba" embody four life-skills (how to BE, SAY, SEE, & DO).



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.

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.*



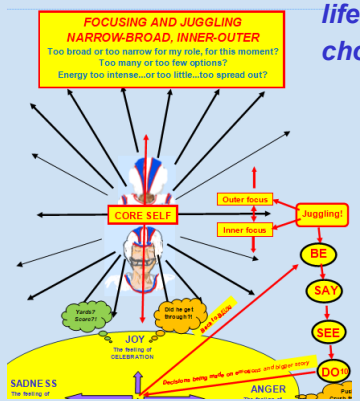
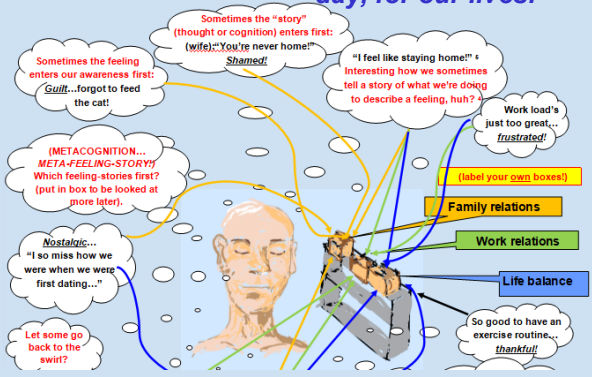
* From *Mindsight* by Daniel J. Siegel

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!

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.



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