

From Collective Grief to Inspired Action WORKSHOP PROPOSAL

Are those in your organization troubled by things happening in the world? Have you noticed that the COVID pandemic has heightened the sense of grief or powerlessness in the face of current events? Are you interested in approaches that might help address this need? If so, perhaps what I am proposing might have value for your organization and complement your existing programming.

In today's world, "self-care" is just not enough to manage the level of worry, fear and stress that arise from walking through the world today. There is a need for tools that provide deep, restorative healing. This is the mission of Wellsprings Within.

Exploring collective grief first begins with dealing with our own. Here-and-now headlines can activate unresolved grief from our past. Grief that is not consciously addressed is physically stressful; the body carries suppressed emotions which, when left unattended over time, can lead to illness. When we consciously deal with our own feelings around grief and loss (both past and present), physical stress is diminished and there is an opening within to reach acceptance and to identify empowering, productive actions in response to the circumstances.

My workshop, "**From Collective Grief to Inspired Action**," includes interactive teaching with experiential exercises. This proposal outlines a shorter session as well as a day-long workshop.

Option 1: Two-hour workshop

Participants will learn the basic brain science behind emotional responses like grief. Through an experiential exercise, they will identify a triggering grief issue and learn a tool to bring emotions around that issue to awareness and resolution, resulting in an enhanced sense of personal power. Participants will identify an inspired action to take to address their triggering issue. Throughout the workshop, there will be opportunities for Q&A and optional individual sharing.

Option 2: Six-hour workshop (cost negotiable)

Participants will receive a comprehensive overview, with full PPT presentation and handouts, of the brain science behind emotional responses like grief. By engaging in several experiential exercises, participants will: 1) understand the origins of internal conflict that impede processing emotional responses, 2) identify a triggering grief issue and bring emotions around that issue to awareness and resolution, 3) experience an enhanced sense of personal power, and 4) identify actions to take to address the triggering issue. Throughout the workshop, there will be opportunities for Q&A and optional individual sharing. Each participant will receive a free, 30-minute consultation after the workshop.



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If you envision that either workshop format could be a good fit for your organization, I would be happy to discuss this further. I can be reached at jillmorgan99@gmail.com or (520) 271-7071.