

Empowerment & Essential Skills Workshop Schedule

April 2018

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4	5 Time Management & Teamwork – Clay (9:30am-12:30pm at Studio C)	6	7
8	9	10	11 Empowerment: Advanced Training – Managing Stress & Anxiety (9am-12pm at Franklin Office)	12 Communication & Time Management Painting (9:30am-12:30pm at Studio C) Empowerment: Strategies for Life (9am-12pm at Franklin Office)	13	14
15	16	17	18	19 Stress Management – DIY Bath Bombs (9:30am-12:30pm at Studio C) Empowerment: The Power of Intention (9am-12pm at Franklin Office)	20	21
22	23	24	25	26 Working Independently & as a Team - Land Art (9:30am-12:30pm at Studio C) *weather permitting Empowerment: Aligning Mind, Behaviors, and Emotions (9am-12pm at Franklin Office)	27	28
29	30					

To register for an empowerment *or* essential skills workshop, contact us at:

info@theworx.org or 403-273-2822

Please indicate any accommodations you may need to participate in our workshops.

Locations

Studio C: #235, 1721 29th Ave SW, Calgary Alberta, T2T 6T7

Franklin Office: 915 33rd Street NE, Calgary Alberta, T2A 6T2

Workshop Descriptions

Time Management & Teamwork – Clay Sculpture

Begin experimenting with clay independently and then, using time management, come together and practice teamwork skills and create a large group sculpture!

Communication and Time Management – Painting

Participants work together to create a collaborative painting while exploring a variety of communication styles. Teams practice communication and paint their pieces through active listening and following instructions.

Stress Management – DIY Bath Bombs

In this workshop, you will discuss being intentional about practicing relaxation and stress management and how this can help in employment. Through getting in touch with your sensory system, you will create do-it yourself bath bombs that you can later use to unwind and manage stress at home.

Land Art – Working Independently & as a Team *if weather conditions are not suitable, there will be an indoor workshop

A common trait employers look for in an employee is experience working independently and as a team. In this workshop, you will have an opportunity to put these two skills to practice. Using the medium of Land Art, you will go out into nature (close by the art studio) and creatively explore both independently and collaboratively.

Empowerment Series: Advanced Training – Managing Stress & Anxiety

This workshop is geared for participants to learn a tool to manage emotional responses by understanding and practicing breathing and visualizing strategies. The heart and brain maintain a continuous two-way dialogue, each influencing the other's functioning. The signals the heart sends to the brain can influence perception, emotional processing and higher cognitive functions. This system and circuitry is viewed by neurocardiology researchers as a "heart brain."

The heart produces by far the body's most powerful rhythmic electromagnetic field, which can be detected several feet away by sensitive instruments. Learning how to affect this rhythm may become a powerful tool to manage some of the strong emotions that affect people's day to day outcomes.

Empowerment Series: Strategies for Life

Over time each one of us is able to rely on personal strategies that support us as individuals. In this module learn about your potential, changing the energy of dysfunctional memories, changing your personal beliefs about yourself to be more successful in life.

Empowerment Series: The Power of Intention

The intent of this module is to speak about the mental state that we create with intention and the commitment that we make to ourselves to carry actions and mental activities to support the intended change.

Empowerment Series: Aligning Mind, Behaviours, and Emotions

The intent of this module is to understand the internal conversation that we carry in our mind. When we become and observer of our minds/ emotions and how they are affecting the body, we can better understand why we do what we do and what is supporting those beliefs and behaviors about ourselves.