

Why Wellbeing isn't all Sunshine and Rainbows

By Christopher Phoenix

My Wellbeing Workshop is not all sunshine, rainbows, and yoga.

My Mindfulness Presentations are not all "let's just think positively."

My Keynotes are not all about loving thyself.

So, if my workshops are not your typical Wellbeing Workshops, what are they?

My workshops are about facing things as they truly are, and building a capable and resilient self-image to address those things.

My mindfulness presentations are about challenging our unhelpful thinking, and understanding that the way we think about things, effects the way we feel about things. So how helpful are our thoughts?

My keynotes are about recognising we are in the pilot seat, and are steering our lives, whether we want to acknowledge it or not.

In my work I take wellbeing seriously. So seriously we have a whole lot of fun while doing it.

My mind-reading and magic demonstrations show you that seeing isn't always believing.

Just because you view things a certain way, doesn't necessarily make it true.

My hypnosis demonstration shows us that our personal narratives, those little stories that go on inside our mind, they play on autopilot, and it is important that we challenge those, and constantly write the script to our lives.

My comedy shows us that even when it rains (and it will), we might as well dance.

So yes, my workshops are not your typical Wellbeing Workshops. But, one thing is for sure, they are empowering, they are mind blowing, and they are unforgettable... even if I do say so myself 😊