

COMPETITION WINNER



Photo by Vicki Bell in Tenerife
Send your photos to enter to
natalie@shapewellbeing.com

SHAPE YOUR FUTURE

NEWSLETTER 4th Oct 2024

SHAPE
wellbeing



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Spotlight on...Sandra McNeill

Sandra joined the Shape family at the start of 2019 and qualified as a RP in 2021. After volunteering for 'Happy To Help' where Sandra staged a sleep-out and raised almost €7,000 she was already a very empathetic and compassionate person, who used non-judgement generously on others. But Shape made her realize how hard she was on herself.

Shape came at the right time for Sandra, her father was very ill and she was caring for her mother who was suffering with dementia. In her grief for her parents she lost herself, yet learning about herself with the 4SP, she found hope. She especially found comfort in the Loss and Transition module in the ASC course. Sandra found her calling.

"Losing parents is an extra hard grief, I want to help others through grief. I love being able to actively listen, reframe and empower people to learn the 7KPs to improve their own lives. It's not a job, it's a lifestyle and I love it."

To be featured contact me
natalie@shapewellbeing.com



*"I fell in love with
Shape"*

WellbeingWisdom

It's tough to feel disconnected in a crowd. Reaching out and sharing your true feelings can create more meaningful bonds.

Looking Forward

Over the next 9 to 12 months we will have many more opportunities for practicing Reflective Practitioners. If you are interested in becoming a R.P. and helping others through difficult times, then please check out the diploma course on shapewellbeing.com starting Feb 2025.

It's an extremely rewarding job, where you can make a difference by listening.

Contact admin@shapewellbeing.com for more info.



"Supporting Shape means encouraging health and empowerment to improve mental and physical wellbeing in our community."



Aleksandra Planas
Wlodarczyk

Back to Basics

THE FOUR STEP PROCESS - LISTEN, FOLLOW THE FEELING, REFLECT, EMPOWER.

The four step process is steps you can take, both with yourself and others to gain a higher understanding and to move forward in certain areas that feel blocked in your wellbeing. This is not something that has to be done in order, listen is the step you will probably use the most.

Listen - Really listening to yourself will give you chance to explore how you truly feel. It also shows you that your thoughts are valid.

Follow the feeling - Identifying your feelings can help you gain clarity over what's going on in your mind. Taking that moment to sit and put a name to a feeling you have, can give you a relief.

Reflect - Reflecting with empathy can help you gain an understanding of why that thought or feeling has manifested. This can lead to acceptance.

Empower - By using the previous steps you can empower yourself to move forward in a direction that's beneficial for you.

Using the four step process on others builds strong relationships built on trust and honesty.

Congratulations!

Brenda Miller, Sandra McNeill and Natalie Stafford Brito who have recently finished and passed the ambassador course. It's great to have them spreading Shape's message.

Ambassadors answer "what is Shape?"

Sandra- "Shape is a way of life. It teaches you how to shape your mental wellbeing in a meaningful manner."

Vicki- "We run workshops that will teach you how to be kinder to yourself, as we can be very hard on ourselves."

Natalie - ""Shape is a company dedicated to improving your wellbeing in day to day life."

Neil - ""Shape is about helping people discover a new approach to wellbeing."

What is Shape for you? Please let me know by emailing natalie@shapewellbeing.com

Poetry Corner

STOP AND LOOK

Stop and look at what's around,
Lift your eyes from the ground.
Take a moment, rest and breathe,
Notice flowers dance in the breeze.
Smell the air, fresh and warm,
Release your mind from it's storm.
Stop and let your mind just rest,
For that moment is the best.

Victoria Eden



“ Testimonial ”

Talking therapy gave me a safe, non judgemental space in which to explore the things that really mattered to me. Being listened to and gently challenged to think about things with a different perspective was incredibly helpful in finding a way to understand myself a little better and give myself permission to try and be the person I'd like to be.



SYF

Workshop is...

Monumental
Awesome
Motivational
Amazing

according to participants.

People came away feeling...

Amazed Honoured
Calm Privileged
Clarity

Important reminder...

Everyone from associate to gold member gets one free repeat of the Shape Your Future workshop. Next workshop is the 3rd, 10th and 17th November.

For Bronze, Silver and Gold members, you also have a transferable 10% discount for you to gift to someone you know.