

# COMPETITION TIME!

We are starting a new monthly competition and the winner gets their photo featured in the next newsletter.

All you need to do to take part, is take a picture of your Shape merchandise and send it to [natalie@shapewellbeing.com](mailto:natalie@shapewellbeing.com) with your name and the location.

**Photo by Stef Roberto Makaronas in El Medano Tenerife**



# SHAPE YOUR FUTURE

NEWSLETTER 9th Sept 2024

**SHAPE**  
wellbeing

## Contents

- Monthly Competition
- Spotlight On...
- Wellbeing Wisdom
- Back to Basics
- Top Fan
- Looking Forward
- Opportunities
- What's New
- Poetry Corner
- Competition Winner

## Spotlight on... Natalie Stafford

Natalie is proudly the new editor and creator of Shape's monthly newsletter.

Natalie started her journey with Shape at the beginning of 2023 and worked her way up through the various workshops, recently qualifying as an RP in April this year.

She has taken on the role of creator and editor due to her passion for creativity and writing. In her spare time, she writes blogs, stories, poetry and scripts.

Shape has greatly changed her life and she is very much looking forward to spreading the word.

Currently, she is also training to become a trainer, and working on something very exciting for Shape's up and coming App.

*"I am honoured to be given this role for the Shape family. I vow to continue to spread the word and keep everyone informed and entertained."*



## Wellbeing Wisdom

*They say honesty is the best policy. We say it's the best way to shape your future.*



# Back to Basics

**SHAPE**  
wellbeing

**Empathy** - the ability to feel and see what others feel and see and to be able to put yourself in their shoes.

It's often easier to be more empathetic with others than with yourself. We need to remember that the mind is like a muscle and we need to continue to practice a skill. With time it gets easier.

To be empathetic with yourself you really need to listen, reflect and follow your feelings. Don't try to brush them off as silly or an over reaction, try to understand where they have come from. It sometimes helps if you think of yourself in third person, imagine your situation or feelings coming from a friend, how would you listen to them? What would you say to them? Then you can try and apply that to yourself.

Being empathetic with others builds trust and strong relationships. You will gain an understanding and acceptance for that person and they will feel listened to and seen. Leading with empathy is a way to benefit all areas of your life



## Top Fan



Aleksandra Planas  
Wlodarczyk

*"I proudly qualified as an R.P. and I add that word proud because I am. I'm proud to be part of the Shape family."*

## Looking Forward

- The shape wellbeing app is in production. Once released, people will have wellbeing tools at the touch of a button.
- Wellbeing centre in Dundee underway.
- Exciting opportunities in Monifieth are being explored.
- Looking into tapping into the third sector.





# Opportunities

Get involved in the newsletter. We want to make this relatable and real. We are looking for your own personal stories, whether you are a R.P. or just starting your shape journey. You never know who you may help or inspire by sharing your personal experience. Remember, this is a place of non judgment. Also reach out if you have any ideas or opinions regarding the newsletter. This is, after all, for you.

Please take part in the monthly photo competition and get your photo featured. Send in photos of your merchandise in beautiful, fun, exiting and creative locations. Remember to check out what merchandise is included in each membership level. Also there is a chance to buy merchandise on the Shape Wellbeing website.

For all of the above, reach out to me at [natalie@shapewellbeing.com](mailto:natalie@shapewellbeing.com)

# What's New

This newsletter is now going to be sent in an audio format too, for all those "Shapers" who are on the go and can listen while getting on with daily tasks.

The ambassador course was at the beginning of the month and we have a brilliant team of ambassadors who are dedicated to sharing Shape's message.

However everyone is welcome to spread the word. Like, comment and share posts on social media to see if you can be celebrated as 'top fan'.

## Upcoming Workshops

Shape Your Future- November 2024  
Advanced Self Care- December 2024  
Diploma - February 2025

Check out your membership level for discounts and free repeats or refreshers.

Jess Modelling our water bottle.

**SHAPE**  
wellbeing



# Poetry Corner

## READY

I'm ready to go  
I'm ready to fight.  
I'm ready to make the most of my life.

I'm ready for something  
That's coming my way.  
I see opportunities day by day.

I'm ready to grab  
The bull by the horns.  
I'm ready for life and I'm ready for more.

I'm no longer waiting,  
For life to find me.  
I'll go out and get it. I am ready.

Victoria Eden



# Competition Winner



Rianne found 5 mistakes in the previous competition. Well done.