



How to start a Mental and Emotional Wellness Journey

creating the space and process for change in 2024



Few Reminders

Get your journals ready

Leave questions in chat

Check website later for materials



Meet your Facilitators

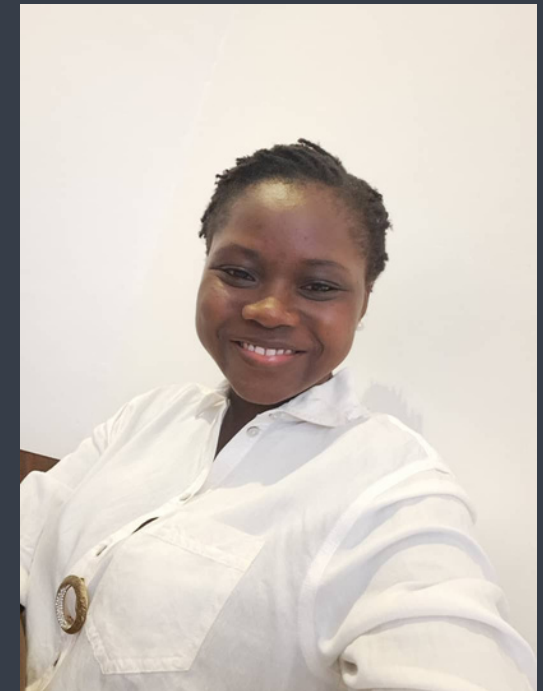


JOSEPHINE NKETIAH

ICF COACH IN TRAINING



JOHANNA NTOW-ATIEMO



JACINTA KWAO

@jonketiah/restorershome

“Until one is committed, there is hesitancy, the chance to draw back. Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way. Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now.”

— W.H. MURRAY

4 WEEKS SESSION





Session 1

Mental and Emotional Wellness scaling



Session 2

Exploring Our Mental and Emotional Core Values



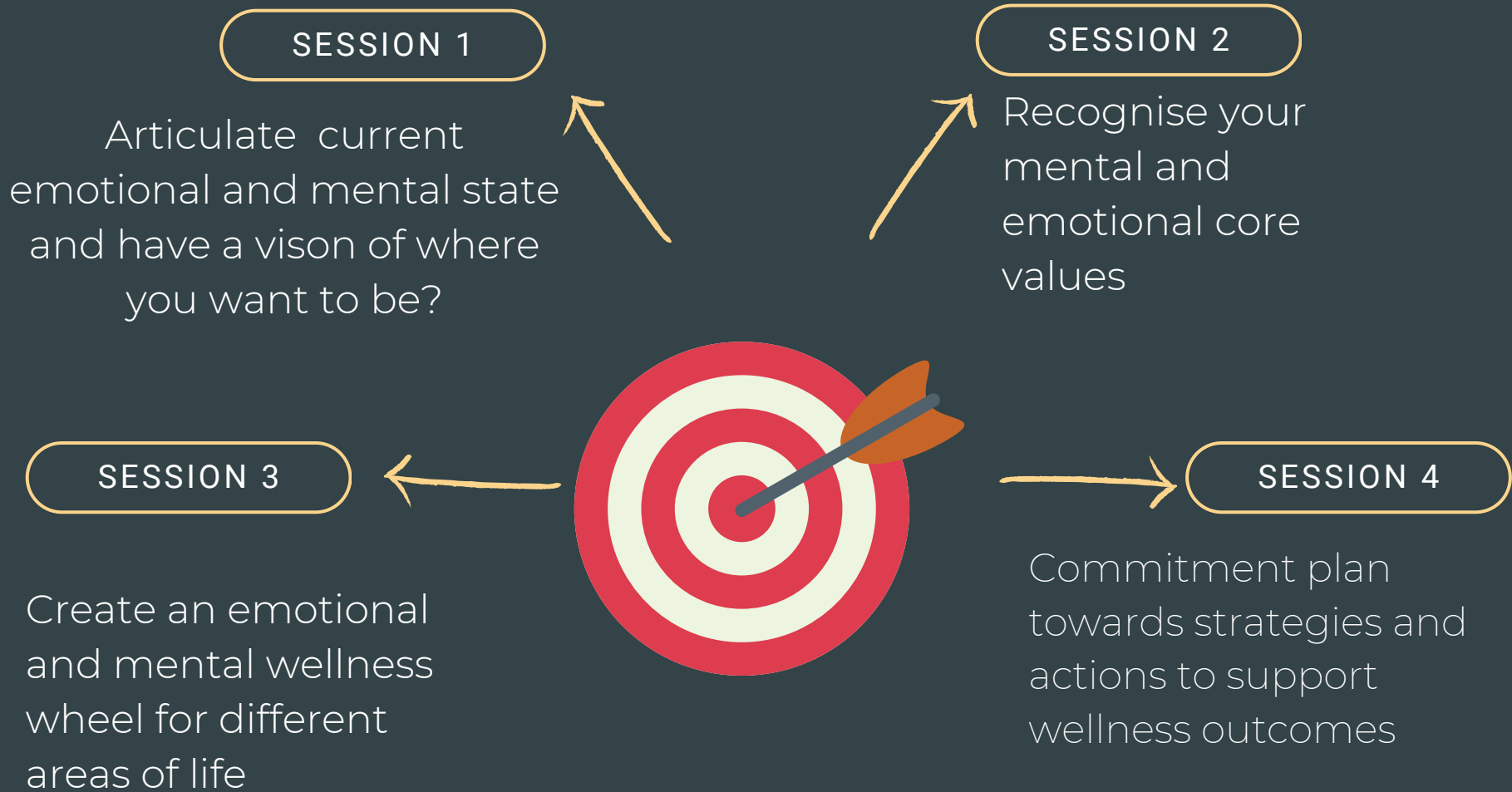
Session 3

Creating Mental and Emotional Wellness Wheel

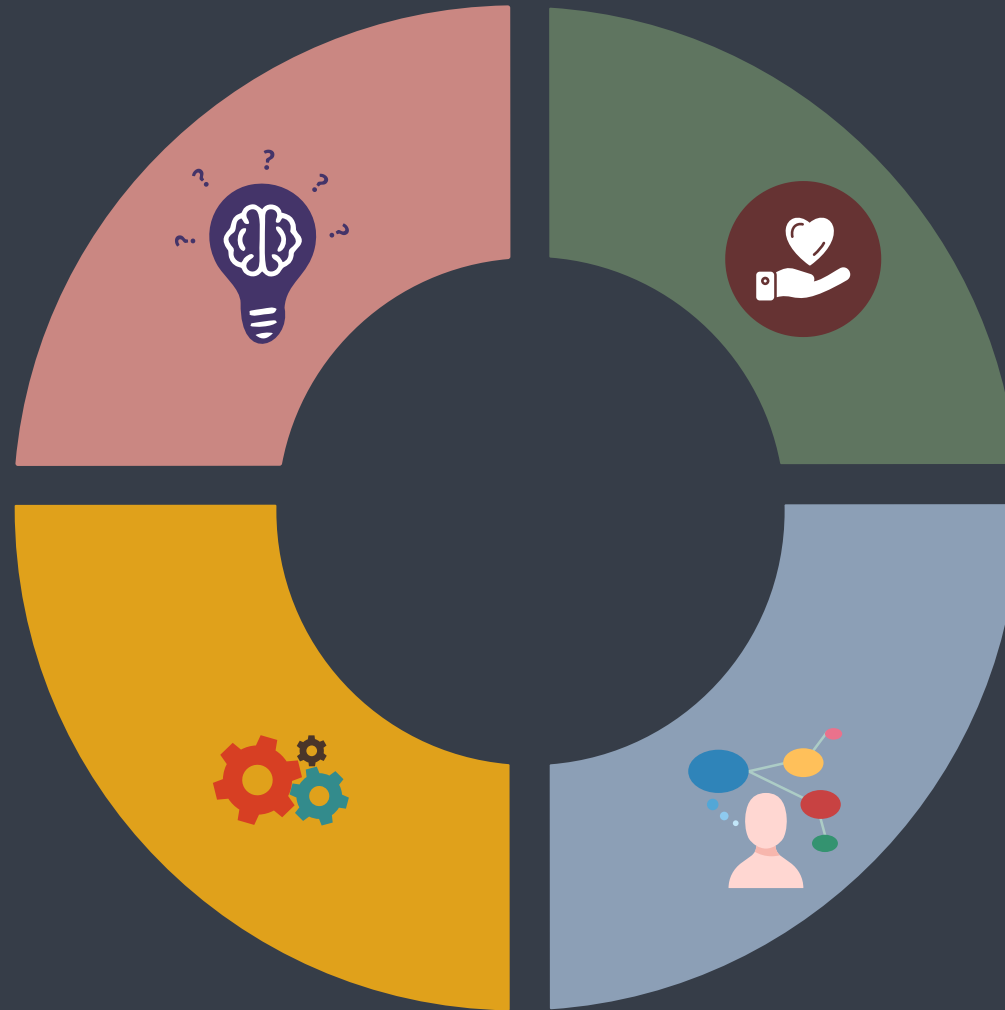


Session 4

Creating Strategies and Commitment Plans for Mental and Emotional Wellness Outcomes



The Mental & Emotional Transformational Model





SELF AWARENESS

CORE VALUES



CREATIVITY

STRATEGY



Let's Begin



Session 1

Mental and Emotional Wellness *scaling*

Where am I at Now and who am I here ?



“Awareness is the greatest
agent for change”

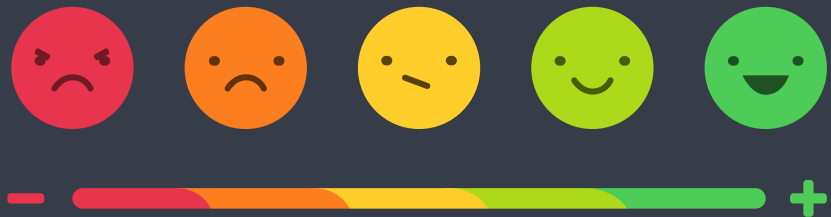
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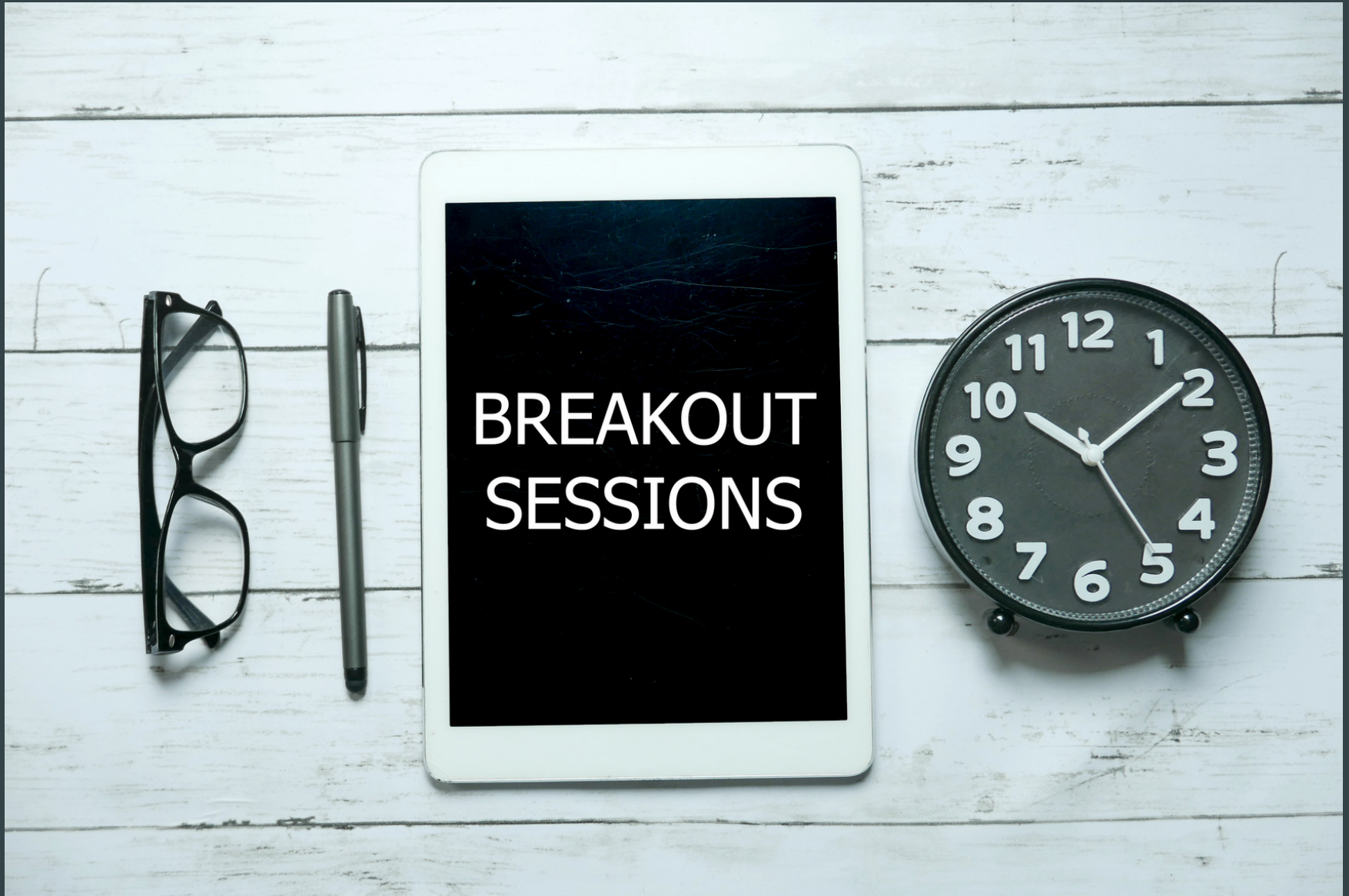
On a scale of 1-10



Where are you ?
Who are you here?
Where do you want to be?
Who are you becoming
there?

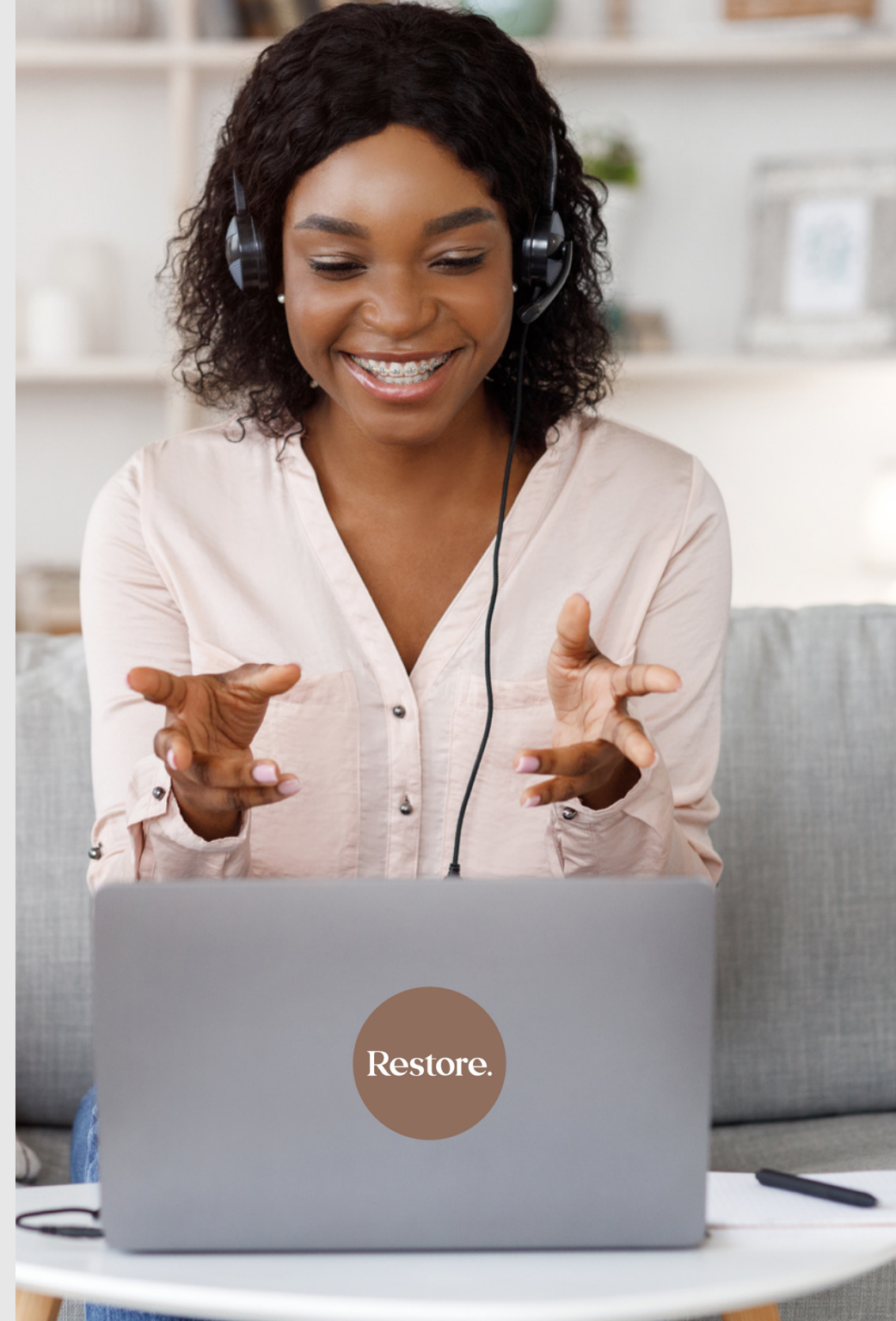








Restore is our one-of-a-kind holistic mental and emotional wellness virtual coaching experience . It covers the fundamentals of coaching experience that follows the ICF competencies and code of ethics. Are you looking to expand more self-awareness, and commit to growth, this coaching program will support you towards making progress





The Story I am telling myself podcast is about creating awareness of the many limiting beliefs we hold in our minds that often keep us from moving forward into the life that liberates us into emotional and mental freedom. Sometimes we may find ourselves creating stories in our head for experiences we haven't yet found the right language. The phrase "the story I am telling myself" can be an awakening phrase that invites us into a place of engagement where we are seek the real truth behind what we are telling ourselves.



Session 2

Exploring Our
Mental and
Emotional Core
Values



DEC 10, 23



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