



LIVE-STREAMED WORKSHOP

HOW JOURNALING CAN CHANGE YOUR LIFE

SIMPLE JOURNALING TECHNIQUES FOR LONGTERM CHANGE

Would you like to organise your thoughts and turn them into positive ones that make you feel optimistic about your life? Would you like to stick to your fitness goals and plans so you can start to see progress in your health and body? Would you also like to learn how to improve your eating habits so you can feel energetic, strong and confident? We can help you do this! All you need is a pen, notebook and 15mins each night before bed.

It's easy and it WORKS. This is a simple life hack that will *change* your life. Our three friendly experts in mental health, exercise and nutrition are going to show you a simple way of journaling that will reduce stress, create healthy habits and feel more positive about your life.

FACILITATED BY:



NATALIE MULDOON
CLINICAL PSYCHOLOGIST



ADAM ORMSBY
EXERCISE PHYSIOLOGIST



DANIELLE HIBBERD
ACCREDITED DIETITIAN

WHAT'S INVOLVED?

1. IMPROVE YOUR THOUGHTS with Clinical Psychologist, Nat

Learn how journaling can help you sort out your thoughts and clear your mind, increase positive thoughts and create a positive outlook on life. Reduce stress, improve your mood and sleep better with simple journaling.

2. STICK TO YOUR FITNESS GOALS with Exercise Physiologist, Adam

Did you know that people who write down their goals are 42% more likely to achieve them?! Adam will show you how to set realistic goals, create an exercise plan, show you how to stick to your exercise plan and track your progress with a journal.

3. CREATE HEALTHIER EATING HABITS with Dietitian, Danni

Before you can make change you need to become aware of what you're eating. Danni will show you how to do this with a journal as well as how you can improve your eating in a realistic manner. Start to notice the foods that make you feel good.

WHEN:

Tuesday 22nd March, 7.30pm - 8.30pm

[Book Here](#)





RUN SHEET: 60 MINUTE SESSION

HOW JOURNALING CAN CHANGE YOUR LIFE WORKSHOP

7.30pm Intro & Hello

Warm welcome and introduction to the friendly workshop facilitators with a quick run through of everything you will be learning, doing and walking away with this evening.

7.40pm Journaling for Good Mental Health

Clinical Psychologist, Nat, will explain to you exactly what journaling is, how simple it can be and how it can drive real change in all areas of your life. Learn how it can improve your mental health by organising your thoughts, creating positive thoughts and a more optimistic outlook on life. Nat will take you through a simple journaling activity that you can do every evening to clear your mind, feel positive, reduce stress and sleep better.

7.55pm Journaling for Exercise

Exercise Physiologist, Adam will show you how to create realistic fitness goals and an exercise plan that will work for you. Once you know how to create an achievable goal, Adam will show you how to track your progress using your journal.

8.10pm Journaling for Better Eating Habits

Dietitian, Danni, will show you a journaling technique that will help you understand your current eating habits and how they make you feel. She will then show you how you can use your journal to start making small and realistic changes that will result in a healthier, happier and more energetic you!

8.25pm Q&A

Ask our facilitators any questions that may have come up for you throughout the session. They are here to help you!

End of session

You will be emailed **Journaling Toolkit** after the workshop that will contain the techniques from the session.

[Book Here](#)

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