

Explore Your Path to Personal Transformation

# S.T.E.A.R

Your Life into Flow!

Spirit → Thinking → Emotions → Actions → Reality



An interactive online 4-week mindfulness-based workshop exploring the impact of emotions, thoughts and experiences; reframing and refocusing on personal transformation.



**Cost:** \$200 per person

**Date:** Saturdays: April 17, April 24, May 1 & May 8, 2021



**Time:** 3:00pm to 5:00pm EST

**Format:** Online - Zoom



**Register at:** [mandppsychotherapy.com/](http://mandppsychotherapy.com/)

Max 30 registrants.



*Paula Cordeiro*  
MA, Counselling Psychology  
Registered Psychotherapist  
(Qualifying)



*Brad Hutchinson*  
Award-winning Community  
Leader, Author;  
Motivational Speaker;  
Teacher of Shaolin Kung Fu

## Contact us:



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## About S.T.E.A.R. Workshop

### Spirit--->Thinking--->Emotions--->Actions--->Reality

#### Program Description

This 4-week process will take you on a transformational journey of self-exploration and help to you S.T.E.A.R. your life into flow.

***"Realign Your Sacred Path and Transform Your Life!"***

#### Topics discussed include:

- 4 Noble Truths
- 5 Spiritual Longings
- 6-Fold Path to Transformation
- Mindfulness – Non-judgmental Receptivity
- Grounding Through Meditation Practices
- Self-exploration and Group Sharing

#### Program Structure

The S.T.E.A.R. workshop incorporates principles and practices of mindfulness and meditation that evolve over 4 weeks along a 6-fold path of transformation. The content and activities encompass self-reflection and self-exploration through individual writing activities, experiential learning, and interactive group discussions. These components provide opportunities for participants to share their thoughts, feelings, and experiences openly in an empathetic virtual setting. S.T.E.A.R. is centered around recognizing unhealthy core beliefs and feelings and transforming them into healthier states of being. Participants will explore how lower-level emotional charges—often reverberating from unresolved trauma—adversely distort thoughts, feelings, behaviours and, if not interrupted, can cycle incessantly creating a personal experience of spiritual-psychological exile. Participants will engage in self-reflective activities that include writing their thoughts, feelings, and understandings. Everyone will be provided with opportunities to share their insights with the group as a whole.

**Homework:** Participants will also complete homework activities that include self-reflective questions, which create meaningful opportunities to engage in self-growth and personal transformation..

***"Transform Your Path, Enhance Your Life!"***



**Risks/Benefits**

This program encourages exploration of deeply held beliefs and perceptions, including aspects of participant's life story, current coping strategies, and support networks. As with any self-exploration process, such activities may bring up feelings of fear, sadness and anxiousness in the group processes. It is strongly recommended that program participants have a support network beyond this program, including peers, therapy or social work support. To search for additional mental health support resources in your community check out the e- mental health website at <https://www.ementalhealth.ca/>

**Where?** Due to COVID19 restrictions, S.T.E.A.R. workshop is delivered online via Zoom meetings. It is facilitated by Paula Cordeiro, MA, Registered Psychotherapist (Qualifying) and Brad Hutchinson, Mindfulness Practitioner, Author, Motivational Speaker and Teacher of Shaolin Kung Fu. This group workshop is an all-gender identities inclusive space.

**Cost:** \$200 per person

**Upcoming Date & Times**

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**How to Register?**

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