

EXHALE

MY FESTIVAL WORKBOOK



WELCOME TO EXHALE!

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- 25 Embracing the Cycles + Seasons of Your Life
- 26 Emotional Freedom Techniques: Powerful Tools for Anxious Humans
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- 35 Planet Overwhelm: Staying Sane in a Crazy World
- 36 The ADHD Advantage
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- 39 Tools + Strategies for Calming Your Nervous System During Times of Stress
- 40 The Emotion Change Lab: A Three Step Process for Unfinished Business & Emotional Baggage
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- 43 The Transformational Power of Grief & Sadness
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- 45 Tools + Strategies for Edging Out of Your Comfort Zone
- 46 Turning Your Anger into a Superpower
- 47 Unapologetic: Beyond the Tyranny of People Pleasing
- 48 Will You Read This, Please? Extraordinary Stories from People Living with Mental Illness
- 49 Wise Women: Reimagining The Second Half of Your Life

Workshop Worksheets

- 51 A Creative Approach to Healing Shame
- 52 Becoming Your Own Hero: A Beginner's Guide to Inner Child Healing
- 53 Breathwork with Josh Connolly: Unveiling You
- 54 Breathwork with Rob Rea
- 55 Decoding The Wisdom of Your Dreams - A Window into Your Subconscious
- 56 Design a Blueprint for the Live You Want to Live
- 57 Journey Into Serenity: An Online Sound Bath Experience
- 58 In The Flow: Journaling Your Inner Wisdom
- 59 Men's Circle: A Space to Talk, Hear Others + Get Feedback
- 60 Men: How to be an Amazing Lover!
- 61 On Purpose: Discover the Meaning of Your Life
- 62 Optimise Your Brain Chemicals for a Happier, Healthier Life
- 63 Redefining Masculinity and Fatherhood Through Emotional Presence
- 64 Reframe Your Story, Reclaim Your Life: Victims + Heroes
- 65 Shodō: The Mindful Art + Zen Philosophy of Japanese Calligraphy
- 66 Sofa Singers: Singing to Release Emotions + Elevate Your Mood
- 67 The Many Faces of You: Getting to Know Your Subpersonalities
- 68 Trusting Your Gold: Mastering the Power of Intuition
- 69 Vision Boarding: Turning Your Intuition + Inner Wisdom Into Action
- 70 Wild Women: Reclaiming Your Relationship with Pleasure

Coaching Group Worksheets

- 72 Are my relationship patterns stopping me from finding the love I deserve?
- 73 Are past events controlling my life?
- 74 Can I learn to accept my perfectly imperfect body?
- 75 Can I overcome my fear of ageing and death?
- 76 Can I relight my fire and reignite my sex life?
- 77 Can I take a leap of faith towards my hopes + dreams?
- 78 How can I break free from my family's unconscious patterns?
- 79 How can I have more belief in myself?
- 80 How do I allow the real 'me' to come out of the shadows and shine?
- 81 How do I befriend my inner critic?
- 82 How do I cultivate a growth mindset?
- 83 How do I heal after narcissistic abuse?
- 84 How do I know what my core values are?
- 85 How do I maintain healthy boundaries with other people?
- 86 How do I maximise my natural gifts to reach my potential?
- 87 How do I turn fear into courage?
- 88 How do I turn the volume down on my anxiety?
- 89 How do I unpack and process my grief?
- 90 How do I work through past mistakes that are staying with me?
- 91 Is fear of judgement holding me back?
- 92 What happened to all my friends? A guide to finding deeper connections in an age of loneliness.

REFLECTIVE QUESTIONS

(PRE FESTIVAL)

What three things would you most like to work on at Exhale?

What are the biggest challenges in your life right now?

What are the biggest challenges to your day-to-day mental wellbeing?

Where do you feel overwhelmed in your life?

Where do you feel stuck or frustrated in your life?

If you could change one thing about your life right now, what would it be?

Are there any barriers (internal or external) preventing you from making that change?

Which of your patterns or behaviours do you find most challenging?

Are there areas of your life where past events are living in your present?

Can you name three fears that come up for you regularly?

Are there areas of your life where you're abandoning yourself to make other people happy?

When do you say 'yes' when you really want to say 'no'?

Is there anything in your life that you're ready to let go of?

What would you like to create more of in your life?

What brings you joy?

What one thing do you want more than anything?

OCTOBER 5TH

09.00 to 09.45	Burnout Recovery: Understand + Reset your Stress Cycle	09.00 to 9.45	Harmony Within: Women's Hormones and Mental Health	09.00 to 09.45	Getting Unstuck: Breaking Old Patterns + Forging New Paths	0900 to 09.45	Design a Blueprint for the Life You Want to Live
10.15 to 11.00	Family Dynamics (And How to Survive Them!)	10.00 to 11.30	Reframe Your Story, Reclaim Your Life	10.15 to 11.15	How to be an Amazing Lover! (Men)		
11.30 to 12.15	Unapologetic: Beyond the Tyranny of People Pleasing	12.00 to 13.00	A Mother's Wisdom: Trusting Your Own Path in Motherhood	11.45 to 12.45	The Lost Tribe: Finding Meaningful Connection in an Age of Loneliness	10.30 to 11.30	Wild Women: Reclaiming Your Relationship with Pleasure
12.30 to 13.15	Optimise Your Brain Chemicals for a Happier, Healthier Life	13.15 to 14.00	Turning Your Anger into a Superpower	13.15 to 14.15	Trusting Your Gold: Mastering the Power of Intuition	12.45 to 13.45	Planet Overwhelm
13.45 to 14.30	Wise Women: Reimagining The Second Half of Your Life	14.30 to 15.15	Befriending Your Shadow	14.45 to 15.30	In the Flow: Journaling Your Inner Wisdom		
15.00 to 15.45	The Emotion Change Lab	15.30 to 16.15	Emotional Freedom Techniques	16.15 to 17.15	Men's Circle: A Space to Talk, Hear Others + Get Feedback	14.15 to 15.15	The Many Faces of You: Getting to Know Your Subpersonalities
16.00 to 16.45	Boundary Bootcamp	16.30 to 17.15	The Art of Listening	17.30 to 18.15	Will You Read This Please?	15.45 to 16.45	Decoding The Wisdom of Your Dreams
17.30 to 18.30	The Wild Cure: Mama Nature's Recipe for Mental Wellbeing	17.30 to 18.45	Breathwork with Rob Rea	18.30 to 19.15	The Sleep Reset: New Tools for Rest + Recovery		

Talks

Workshops

OCTOBER 6TH

09.00 to 09.45	Gut Harmony: The Microbiome's Role in Mental Wellbeing	09.00 to 10.00	Exploring Shame through Expressive & Creative Writing	09.00 to 10.30	Breathwork with Josh Connolly: Unveiling You
10.15 to 11.00	Tools + Strategies for Edging Out of Your Comfort Zone	10.15 to 11.00	The Transformational Power of Grief & Sadness	10.00 to 11.00	Shodō: Japanese Calligraphy
11.30 to 12.15	Overcoming Choice Paralysis to Make Decisions That Matter	11.30 to 12.15	The Alchemy of Gratitude	11.30 to 12.30	Sofa Singers: Singing to Release Emotions + Elevate Your Mood
12.30 to 13.15	Good Relations: Four Essential Skills for Deeper Relationships	13.00 to 14.00	The ADHD Advantage	13.00 to 14.00	On Purpose: Discover the Meaning of Your Life
13.45 to 14.30	Break the Cycle A Guide to Healing Intergenerational Trauma	14.30 to 15.15	Tools + Strategies for Calming Your Nervous System	16.00 to 17.00	Beyond The Fairytale: Finding + Co-Creating Love That Lasts
15.00 to 15.45	Good Job: From Inner Critic to Inner Cheerleader	15.30 to 16.45	Becoming Your Own Hero: A Beginner's Guide to Inner Child Healing	17.15 to 18.15	Vision Boarding
16.00 to 17.00	Embracing the Cycles + Seasons of Your Life			18.30 to 19.30	Journey into Serenity: Sound Healing Experience
17.30 to 18.15	Finding Hope + Inspiration on Dark Days				
				15.00 to 16.00	Redefining Masculinity + Fatherhood Through Emotional Presence
				17.15 - 18.15	Blown Off Course

Talks

Workshops

GROUP COACHING OCTOBER 5TH

09.00 to 10.00	Is fear of judgement holding me back?	Graham Smith
10.00 to 11.00	Are past events controlling my life?	Jess Frost + Nick Edgar
11.00 to 12.00	How do I turn the volume down on my anxiety?	Katie Hart
12.00 to 13.00	How do I maintain healthy boundaries with other people?	Johnny Lawrence
13.00 to 14.00	How do I befriend my inner critic?	Catia Soares
14.00 to 15.00	How do I unpack and process my grief?	Charlene Lam
14.00 to 15.00	How do I know what my core values are?	Joseph Lynch
15.00 to 16.00	How do I heal after narcissistic abuse?	Zoe (Narcissight)
15.00 to 16.00	Can I take a leap of faith towards my hopes + dreams?	Jess Frost + Nick Edgar
16.00 to 17.00	How do I work through past mistakes that are staying with me?	Mathilde Vigier Rathor
16.00 to 17.00	Can I relight my fire and reignite my sex life?	Courtney Boyer

GROUP COACHING OCTOBER 6TH

09.00
to
10.00

Can I learn to accept my perfectly imperfect body?

Hannah Holt

10.00
to
11.00

How do I maximise my natural gifts to reach my potential?

Seb Randle

10.00
to
11.00

Are my relationship patterns stopping me from finding the love I deserve?

Francesca Rawlinson

11.00
to
12.00

Can I overcome my fear of ageing and death?

Hannah Youell

11.00
to
12.00

How do I allow the real 'me' to come out of the shadows and shine?

Julia Hollenberry

12.00
to
13.00

How do I cultivate a growth mindset?

Amy Slevin

13.00
to
14.00

How can I break free from my family's unconscious patterns?

Ana Silva

14.00
to
15.00

What happened to all my friends?
A guide to finding deeper connections in an age of loneliness.

Harriet Minter

15.00
to
16.00

How can I have more belief in myself?

Liz Fraser-Betts

16.00
to
17.00

How do I turn fear into courage?

Johnny Lawrence

MY FESTIVAL ROADMAP

You can use the answers from your reflective questions to decide which events will be most beneficial for you. Remember, you are the best judge of what you need and what will work in your life! This is a sample page. Fill in the next page.

Family conflict is causing me stress

Family Dynamics (And How to Survive Them!) Sat 10.15

Boundary Bootcamp: Reclaiming Your Life by Learning to Say 'No' Sat 16.00

I feel lonely and disconnected

Finding Hope + Inspiration on Dark Days - Sun 17.30

The Lost Tribe: Finding Meaningful Connection in an Age of Loneliness- Sat 11.45

Not sure where I want my life to be going

On Purpose: Discover the Meaning of Your Life Sun 13.00

Tools + Strategies for Edging Out of Your Comfort Zone Sun 10.15

Past events are keeping me stuck / causing pain

The Transformational Power of Grief & Sadness - Sun 10.15

The Emotion Change Lab: A Three Step Process for Unfinished Business & Emotional Baggage - Sat 15.00

Reframe Your Story, Reclaim Your Life: Victims + Heroes Sat 10.00

MY FESTIVAL ROADMAP

You can use the answers from your reflective questions to decide which events will be most beneficial for you. Remember, you are the best judge of what you need and what will work in your life!

Your thoughts

Events of interest

MY FESTIVAL ROADMAP

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Your thoughts

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You can use the answers from your reflective questions to decide which events will be most beneficial for you. Remember, you are the best judge of what you need and what will work in your life!

Your thoughts

Events of interest

EXHALE

**WORKSHEETS
- TALKS**



TALKS

A Mother's Wisdom: Trusting Your Own Path in Motherhood

Saturday Oct 5th | 12.00pm

Insights

Tools + Resources

Take-aways

TALKS

Befriending Your Shadow: Learning to Love Your 'Worst' Parts

Saturday Oct 5th | 14.30

Insights

Tools + Resources

Take-aways

TALKS

Beyond The Fairytale: Finding + Growing The Love You Deserve

Sunday Oct 6th | 16.00

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Blown Off Course: Navigating Change + Transition with Wisdom

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Tools + Resources

Take-aways

TALKS

Boundary Bootcamp: Reclaiming Your Life by Learning to Say 'No'

Saturday Oct 5th | 16.00

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Break the Cycle: A Guide to Healing Intergenerational Trauma

Sunday Oct 6th | 13.45

Insights

Tools + Resources

Take-aways

TALKS

Burnout Recovery: Understanding + Resetting Your Stress Cycle

Saturday Oct 5th | 09.00

Insights

Tools + Resources

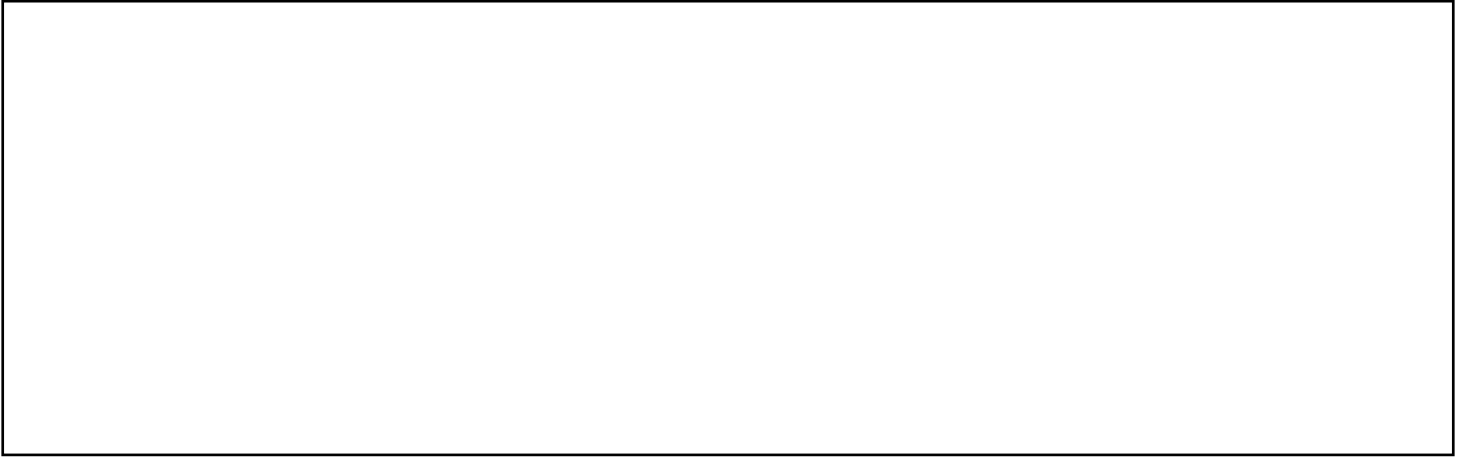
Take-aways

TALKS

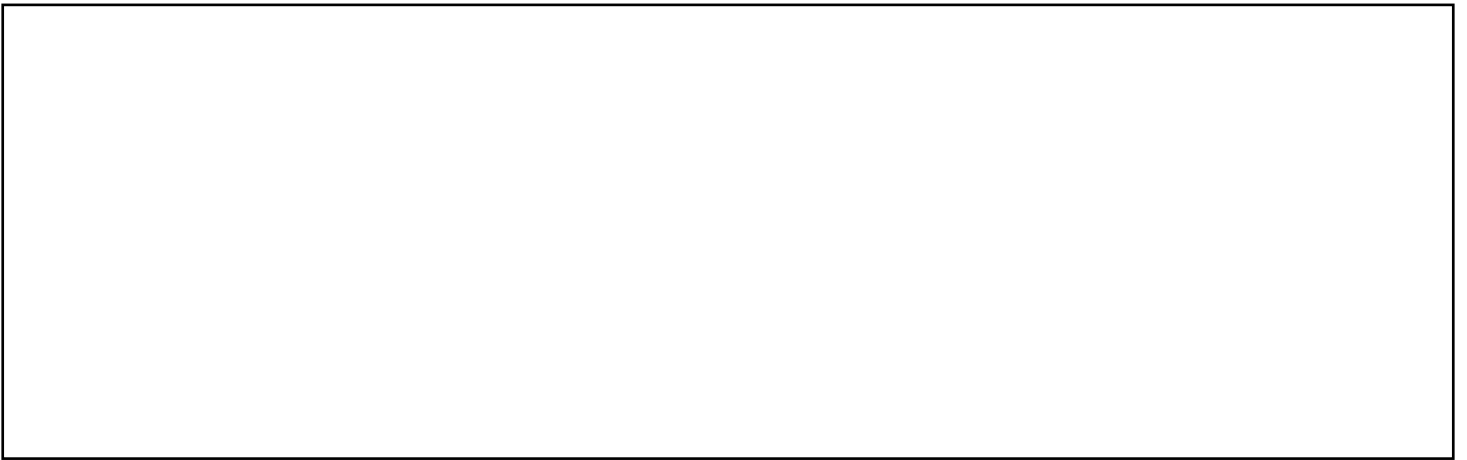
Embracing the Cycles + Seasons of Your Life

Sunday Oct 6th | 16.00

Insights

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Tools + Resources

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Take-aways

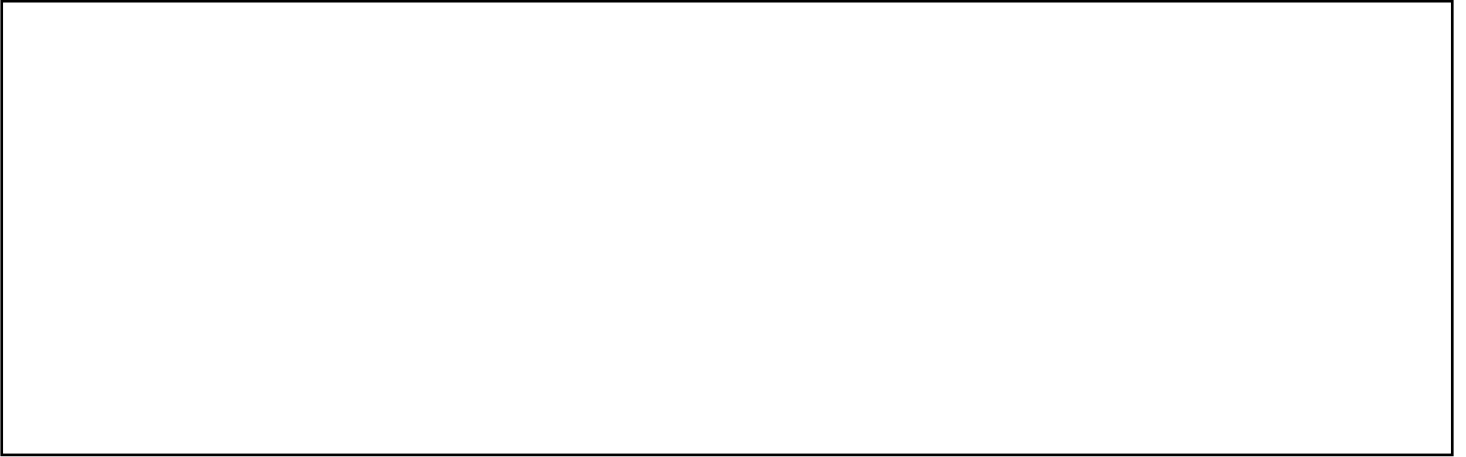
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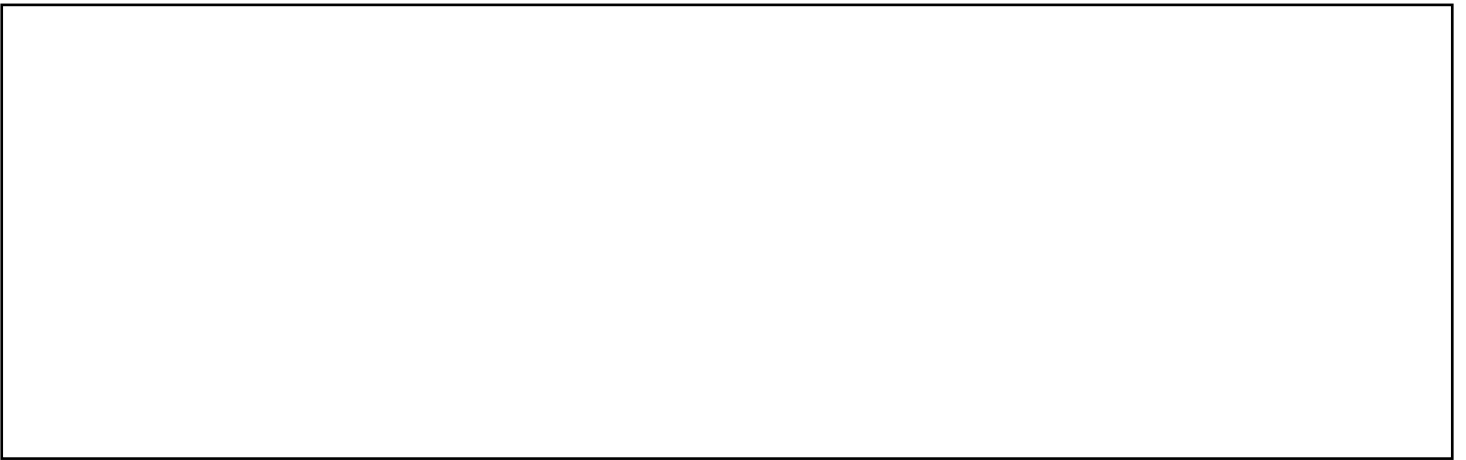
Emotional Freedom Techniques: Powerful Tools for Anxious Humans

Saturday Oct 5th | 15.30

Insights

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Tools + Resources

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Take-aways

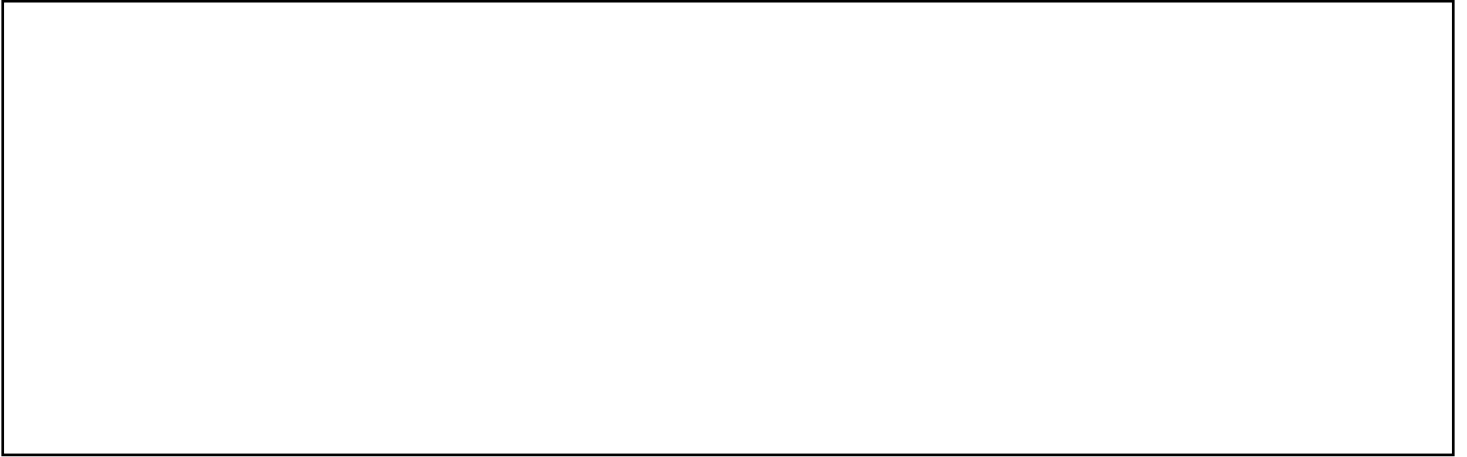
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TALKS

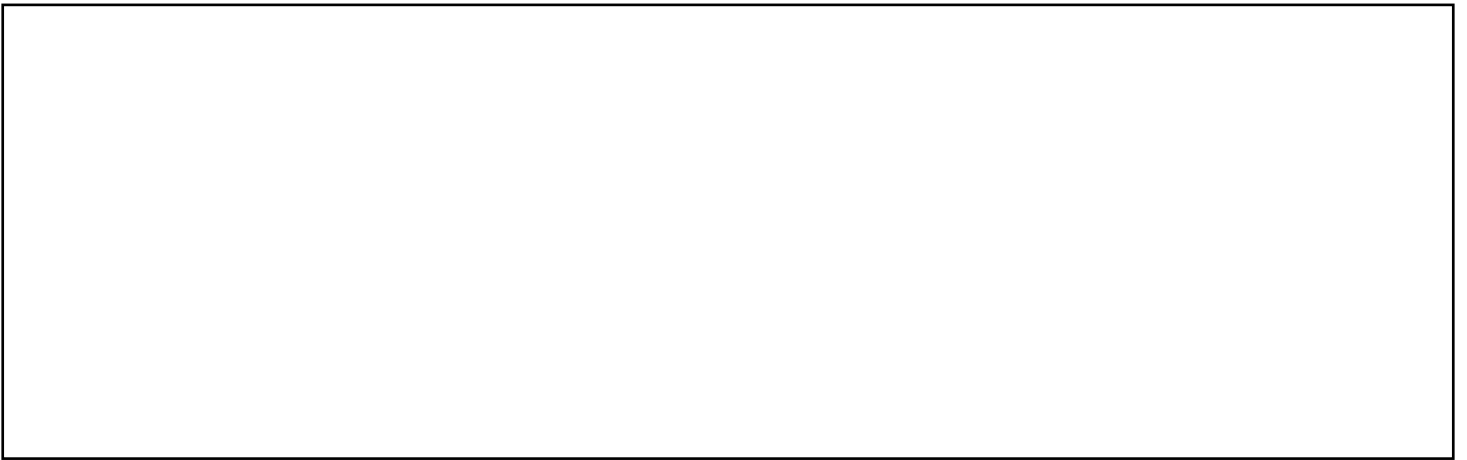
Family Dynamics (And How to Survive Them!)

Saturday Oct 5th | 10.15

Insights

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Take-aways

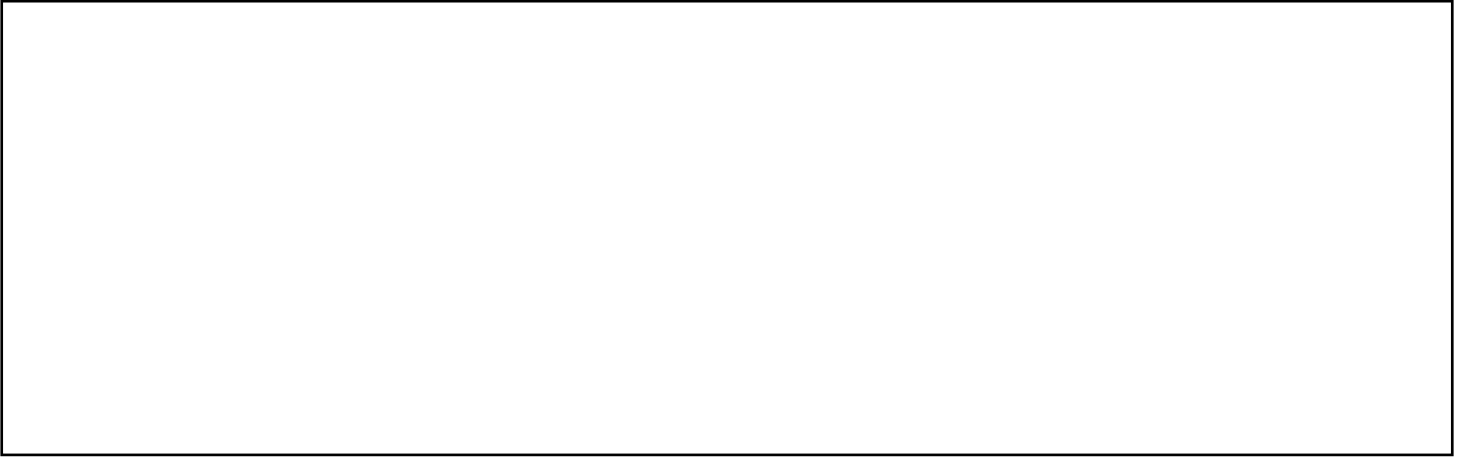
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TALKS

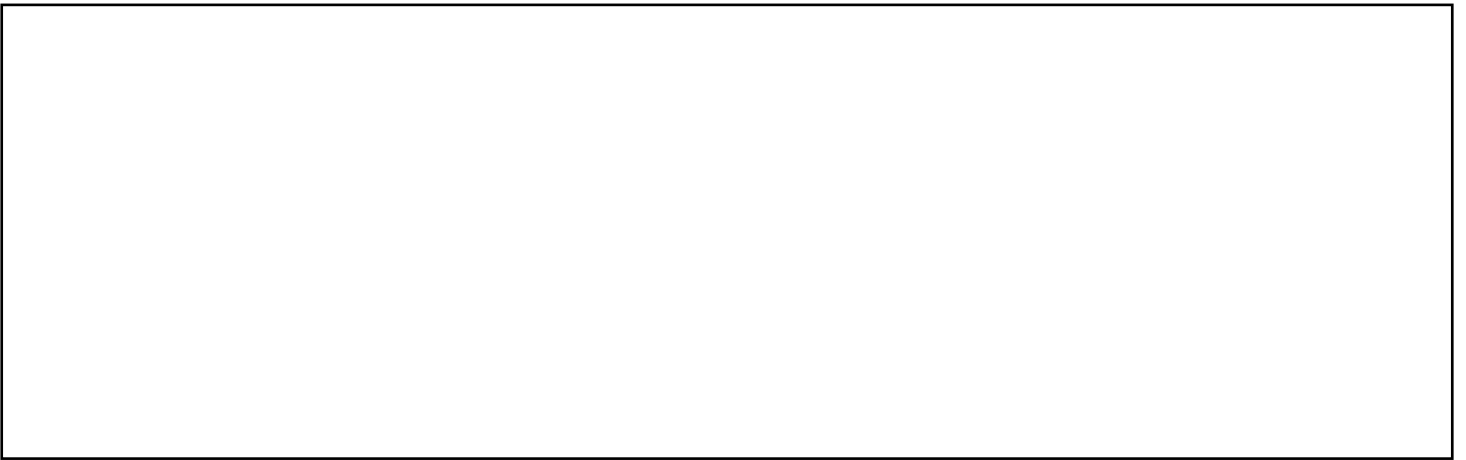
Finding Hope + Inspiration on Dark Days

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TALKS

Getting Unstuck: Breaking Old Patterns + Forging New Paths

Saturday Oct 5th | 09.00

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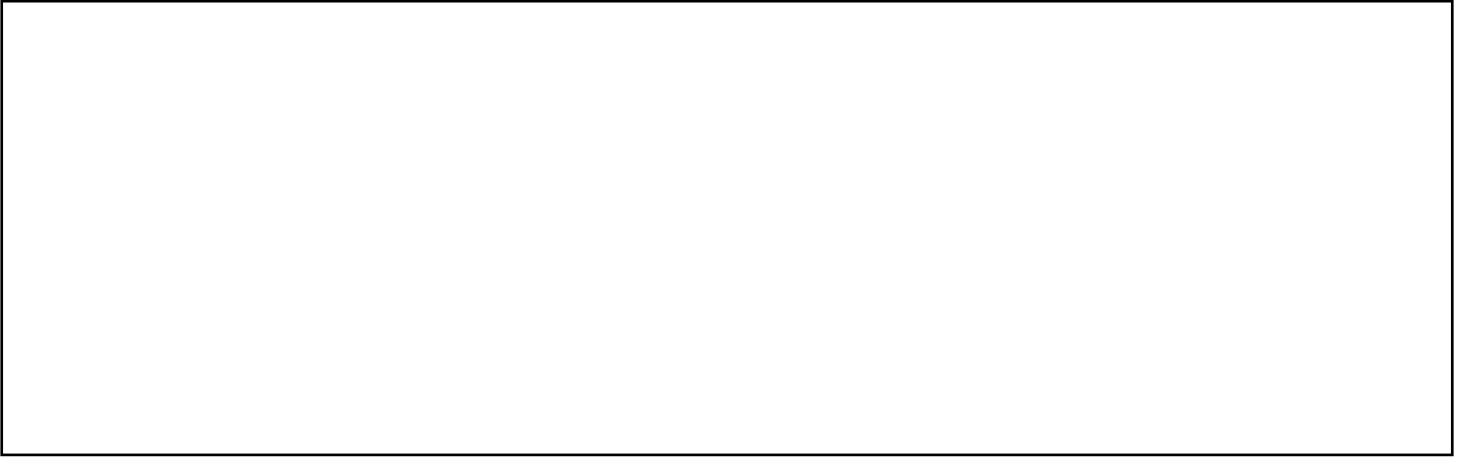
Take-aways

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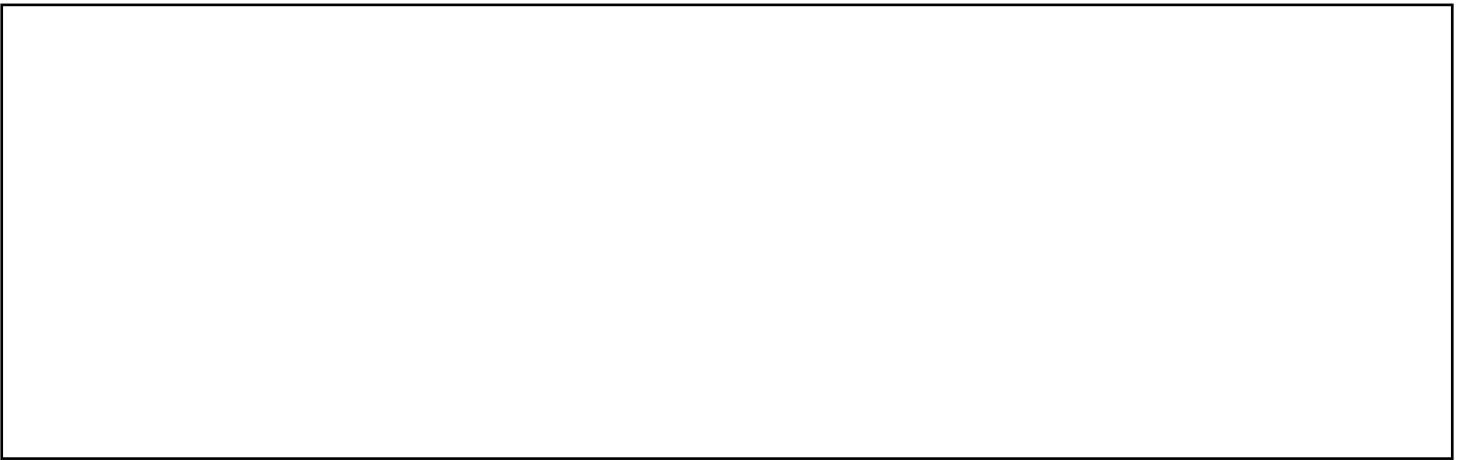
Planet Overwhelm: Staying Sane in a Crazy World

Saturday Oct 5th | 12.45

Insights

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Tools + Resources

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Take-aways

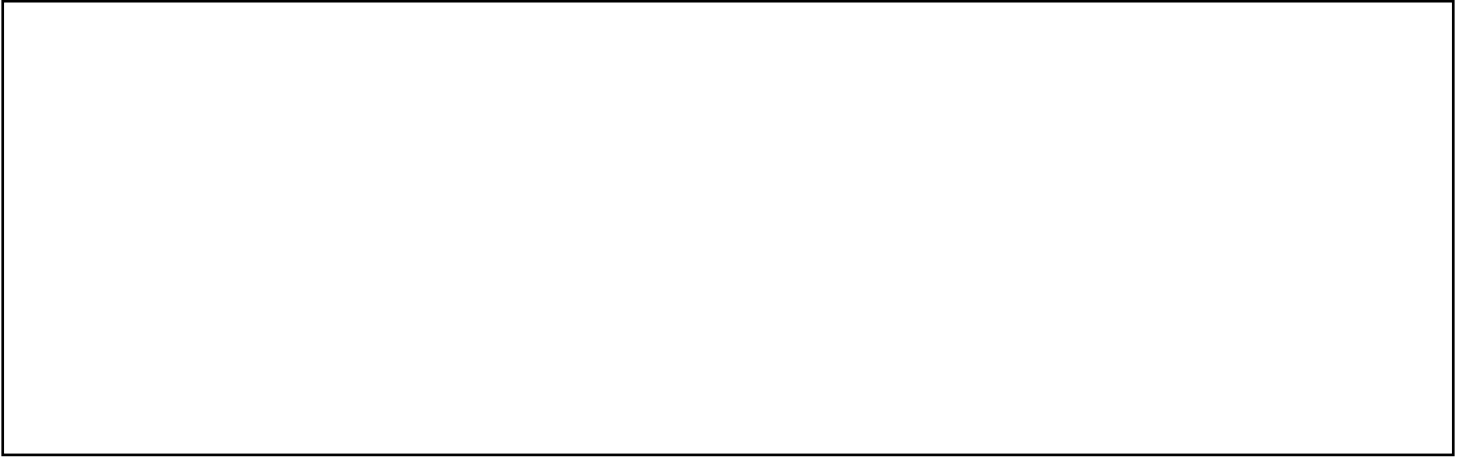
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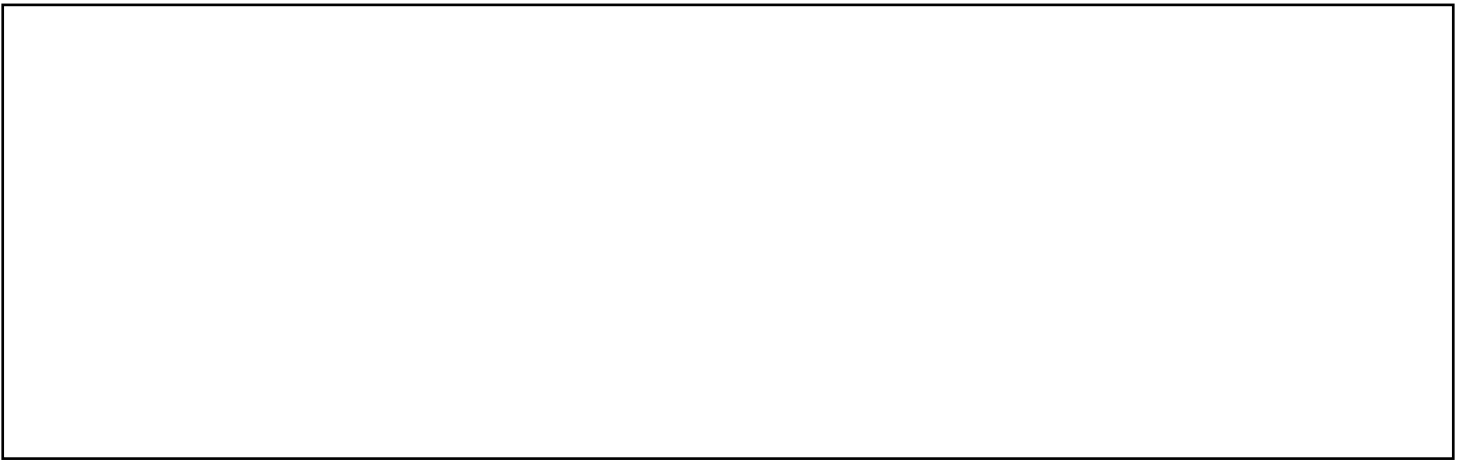
The ADHD Advantage

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TALKS

The Alchemy of Gratitude: Finding the Gold in Everyday Moments

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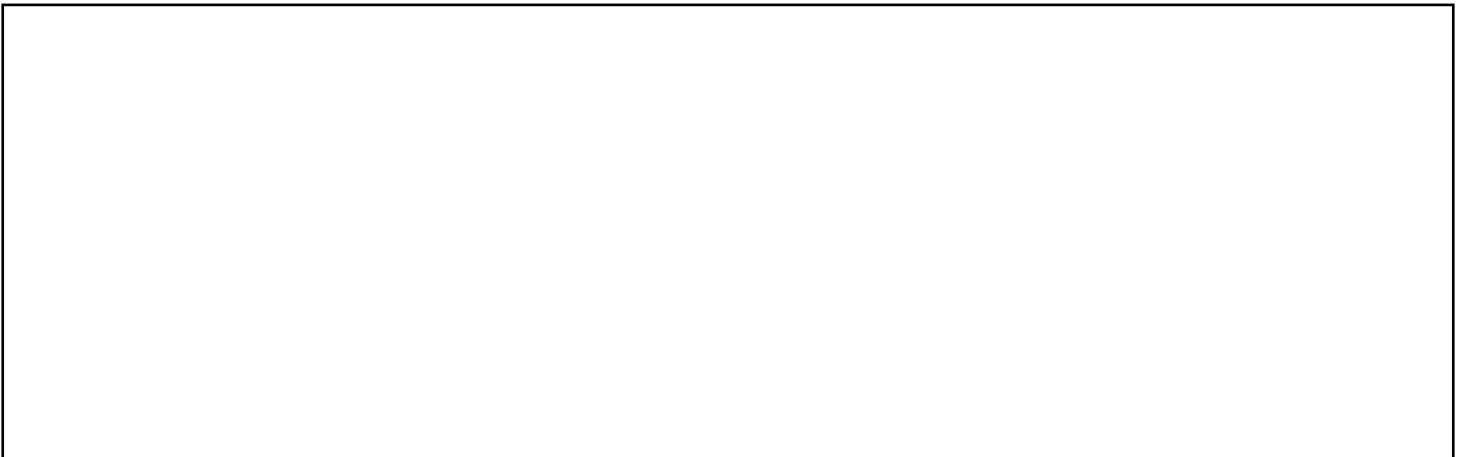
Tools + Strategies for Calming Your Nervous System During Times of Stress

Sunday Oct 6th | 14.30

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TALKS

The Emotion Change Lab: A Three Step Process for Unfinished Business & Emotional Baggage

Saturday Oct 5th | 15.00

Insights

Tools + Resources

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TALKS

The Sleep Reset: New Tools for Rest + Recovery

Saturday Oct 5th | 18.30

Insights

Tools + Resources

Take-aways

TALKS

The Transformational Power of Grief & Sadness

Sunday Oct 6th | 10.15

Insights

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Take-aways

TALKS

The Wild Cure: Mama Nature's Recipe for Mental Wellbeing

Saturday Oct 5th | 17.30

Insights

Tools + Resources

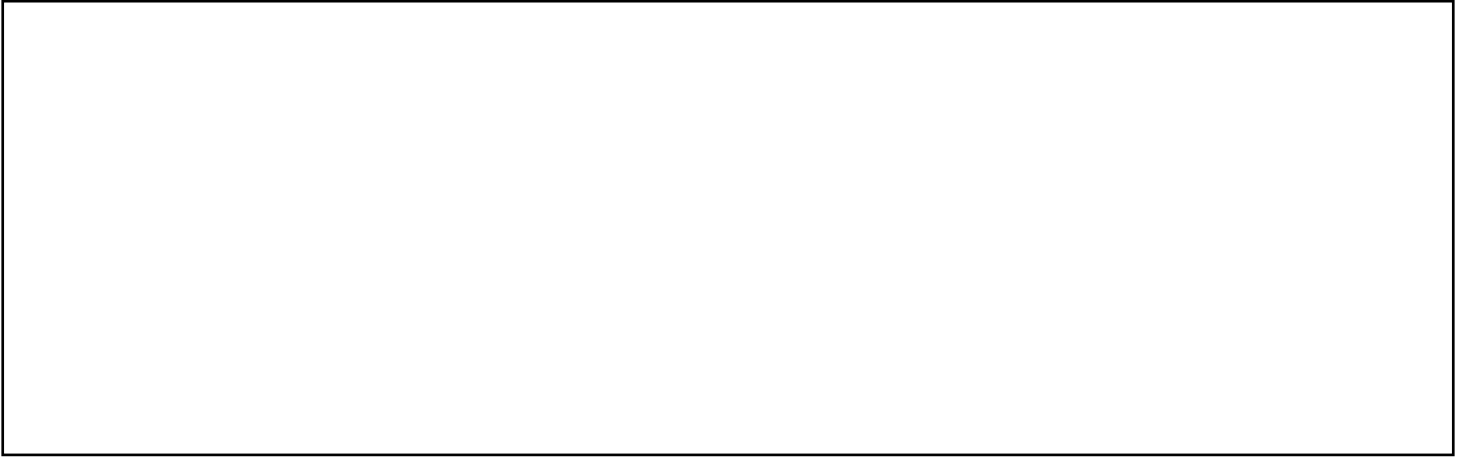
Take-aways

TALKS

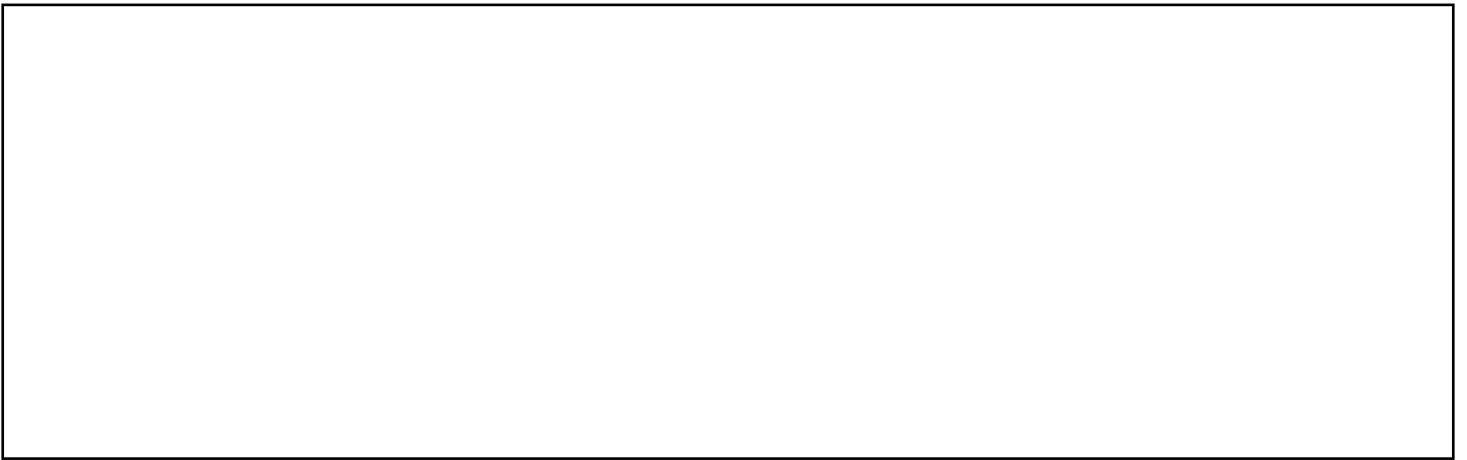
Tools + Strategies for Edging Out of Your Comfort Zone

Sunday Oct 6th | 10.15

Insights

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TALKS

Turning Your Anger into a Superpower

Saturday Oct 5th | 13.15

Insights

Tools + Resources

Take-aways

TALKS

Unapologetic: Beyond the Tyranny of People Pleasing

Saturday Oct 5th | 11.30

Insights

Tools + Resources

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Will You Read This, Please? Extraordinary Stories from People Living with Mental Illness

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TALKS

Wise Women: Reimagining The Second Half of Your Life

Saturday Oct 5th | 13.45

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EXHALE

**WORKSHEETS
- WORKSHOPS**



WORKSHOPS

Exploring Shame through Expressive & Creative Writing

Sunday Oct 6th | 09.00

Insights

Tools + Resources

Take-aways

WORKSHOPS

Becoming Your Own Hero: A Beginner's Guide to Inner Child Healing

Sunday Oct 6th | 15.30

Insights

Tools + Resources

Take-aways

WORKSHOPS

Breathwork with Josh Connolly: Unveiling You

Sunday Oct 6th | 09.00

Insights

Tools + Resources

Take-aways

WORKSHOPS

Breathwork with Rob Rea

Saturday Oct 5th | 17.30

Insights

Tools + Resources

Take-aways

WORKSHOPS

Decoding The Wisdom of Your Dreams - A Window into Your Subconscious

Saturday Oct 5th | 15.45

Insights

Tools + Resources

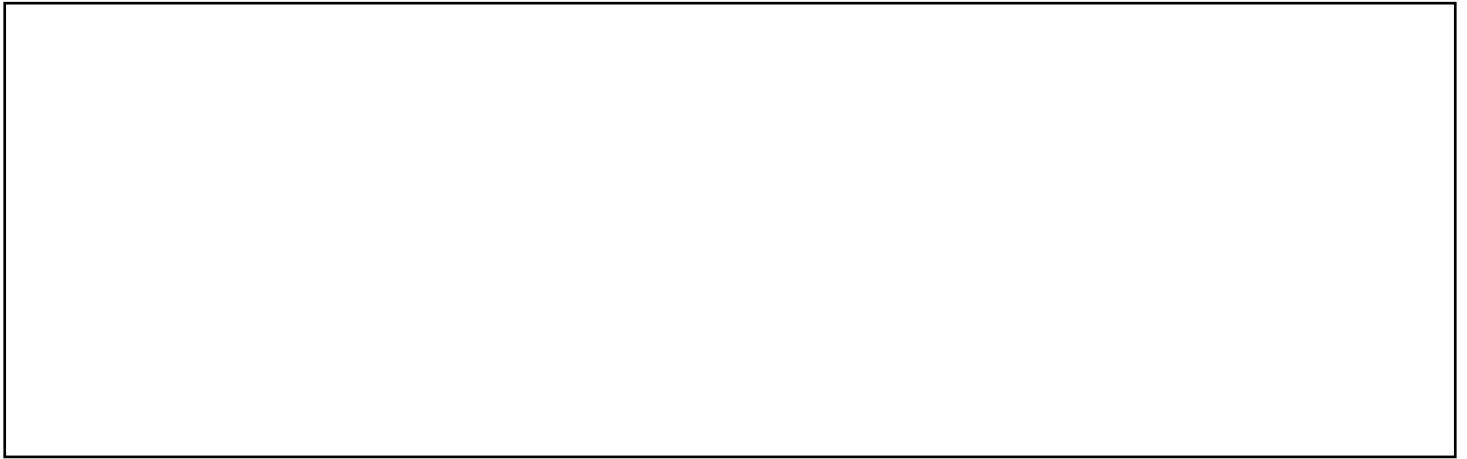
Take-aways

WORKSHOPS

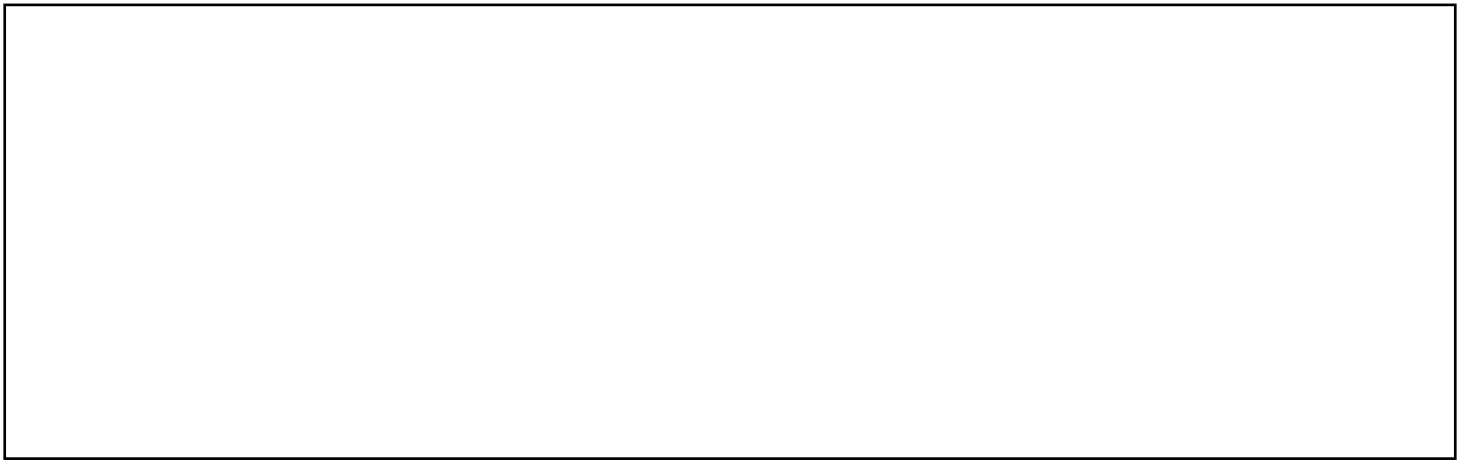
Design a Blueprint for the Live You Want to Live

Saturday Oct 5th | 09.00

Insights

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Tools + Resources

A large, empty rectangular box with a thin black border, intended for listing tools and resources used during the workshop.

Take-aways

A large, empty rectangular box with a thin black border, intended for summarizing key take-aways from the workshop.

WORKSHOPS

Journey Into Serenity: An Online Sound Bath Experience

Sunday Oct 6th | 18.30

Insights

Tools + Resources

Take-aways

WORKSHOPS

In The Flow: Journaling Your Inner Wisdom

Saturday Oct 5th | 14.45

Insights

Tools + Resources

Take-aways

WORKSHOPS

Men's Circle: A Space to Talk, Hear Others + Get Feedback

Saturday Oct 5th | 16.15

Insights

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Take-aways

WORKSHOPS


Men: How to be an Amazing Lover!

Saturday Oct 5th | 10.15

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Take-aways

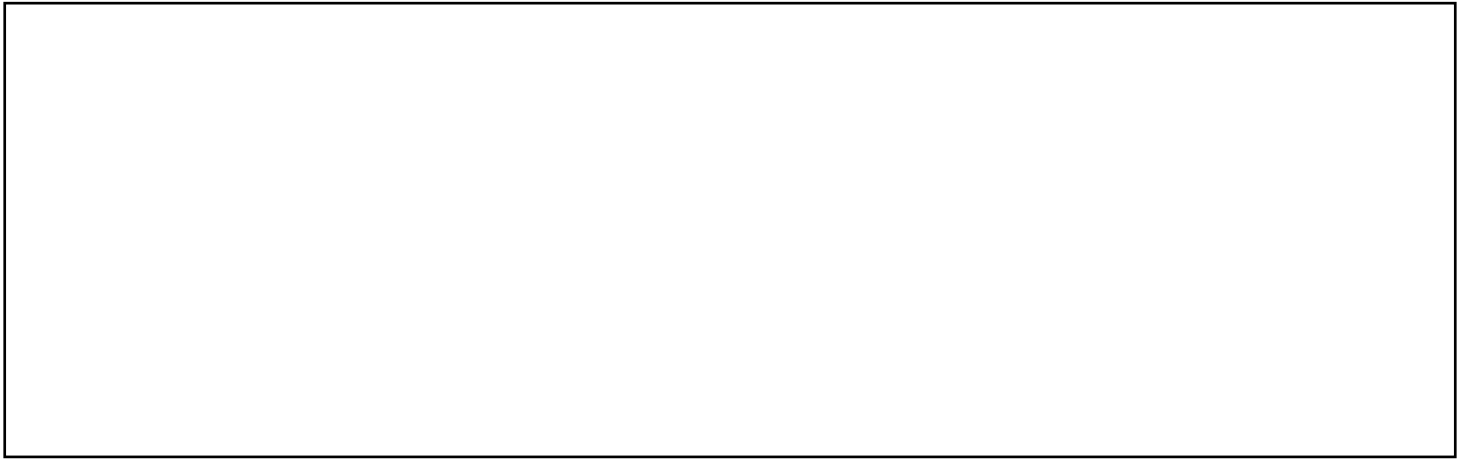
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WORKSHOPS

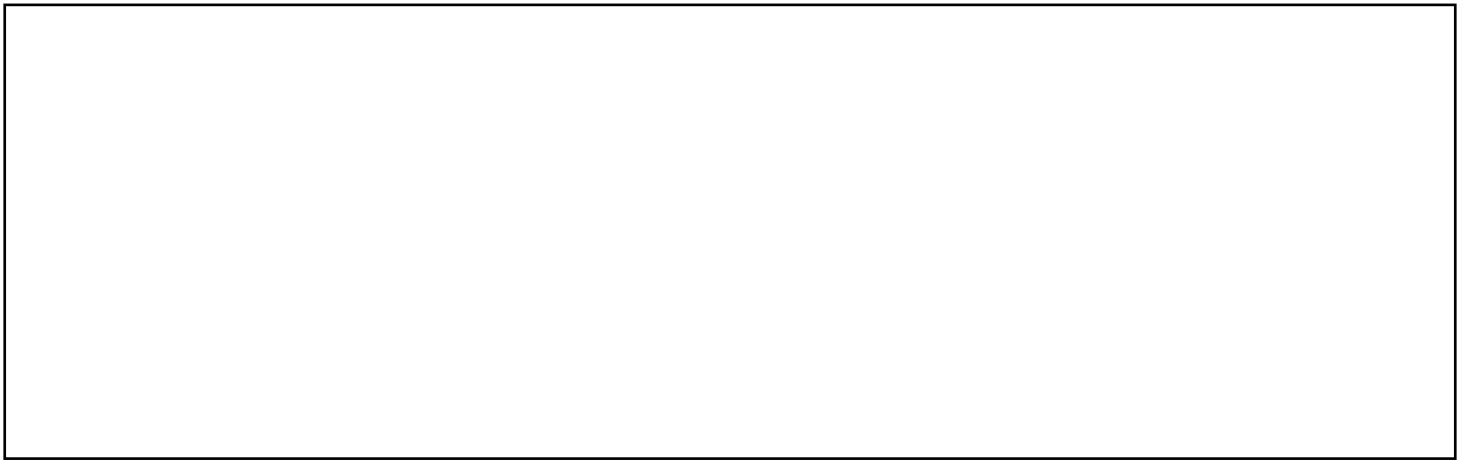
On Purpose: Discover the Meaning of Your Life

Sunday Oct 6th | 13.00

Insights

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Tools + Resources

A large, empty rectangular box with a thin black border, intended for listing tools and resources used during the workshop.

Take-aways

A large, empty rectangular box with a thin black border, intended for summarizing take-aways from the workshop.

WORKSHOPS

Optimise Your Brain Chemicals for a Happier, Healthier Life

Saturday Oct 5th | 12.30

Insights

Tools + Resources

Take-aways

WORKSHOPS

Redefining Masculinity and Fatherhood Through Emotional Presence

Sunday Oct 6th | 15.00

Insights

Tools + Resources

Take-aways

WORKSHOPS

Reframe Your Story, Reclaim Your Life: Victims + Heroes

Saturday Oct 5th | 10.00

Insights

Tools + Resources

Take-aways

WORKSHOPS

Shodō: The Mindful Art + Zen Philosophy of Japanese Calligraphy

Sunday Oct 6th | 10.00

Insights

Tools + Resources

Take-aways

WORKSHOPS

Sofa Singers: Singing to Release Emotions + Elevate Your Mood

Sunday Oct 6th | 11.30

Insights

Tools + Resources

Take-aways

WORKSHOPS

The Many Faces of You: Getting to Know Your Subpersonalities

Saturday Oct 5th | 14.15

Insights

Tools + Resources

Take-aways

WORKSHOPS

Trusting Your Gold: Mastering the Power of Intuition

Saturday Oct 5th | 13.15

Insights

Tools + Resources

Take-aways

WORKSHOPS


Vision Boarding: Turning Your Intuition + Inner Wisdom Into Action

Sunday Oct 6th | 17.15

Insights



Tools + Resources



Take-aways



WORKSHOPS

Wild Women: Reclaiming Your Relationship with Pleasure

Saturday Oct 5th | 10.30

Insights

Tools + Resources

Take-aways

EXHALE

**WORKSHEETS
- COACHING GROUPS**



COACHING GROUPS

Are my relationship patterns stopping me from finding the love I deserve?

Sunday Oct 6th | 10.00

Insights

Tools + Resources

Take-aways

COACHING GROUPS

Are past events controlling my life?

Saturday Oct 5th | 10.00

Insights

Tools + Resources

Take-aways

COACHING GROUPS

Can I learn to accept my perfectly imperfect body?

Sunday Oct 6th | 09.00

Insights

Tools + Resources

Take-aways

COACHING GROUPS

Can I overcome my fear of ageing and death?

Sunday Oct 6th | 11.00

Insights

Tools + Resources

Take-aways

COACHING GROUPS

Can I relight my fire and reignite my sex life?

Saturday Oct 5th | 16.00

Insights

Tools + Resources

Take-aways

COACHING GROUPS

Can I take a leap of faith towards my hopes + dreams?

Saturday Oct 5th | 15.00

Insights

Tools + Resources

Take-aways

COACHING GROUPS

How can I break free from my family's unconscious patterns?

Sunday Oct 6th | 13.00

Insights

Tools + Resources

Take-aways

COACHING GROUPS

How can I have more belief in myself?

Sunday Oct 6th | 15.00

Insights

Tools + Resources

Take-aways

COACHING GROUPS

How do I allow the real 'me' to come out of the shadows and shine?

Sunday Oct 6th | 11.00

Insights

Tools + Resources

Take-aways

COACHING GROUPS

How do I befriend my inner critic?

Saturday Oct 5th | 13.00

Insights

Tools + Resources

Take-aways

COACHING GROUPS

How do I cultivate a growth mindset?

Sunday Oct 6th | 12.00

Insights

Tools + Resources

Take-aways

COACHING GROUPS

How do I heal after narcissistic abuse?

Saturday Oct 5th | 15.00

Insights

Tools + Resources

Take-aways

COACHING GROUPS

How do I know what my core values are?

Saturday Oct 5th | 14.00

Insights

Tools + Resources

Take-aways

COACHING GROUPS

How do I maintain healthy boundaries with other people?

Saturday Oct 5th | 12.00

Insights

Tools + Resources

Take-aways

COACHING GROUPS

How do I maximise my natural gifts to reach my potential?

Sunday Oct 6th | 10.00

Insights

Tools + Resources

Take-aways

COACHING GROUPS

How do I turn fear into courage?

Sunday Oct 6th | 16.00

Insights

Tools + Resources

Take-aways

COACHING GROUPS

How do I turn the volume down on my anxiety?

Saturday Oct 5th | 11.00

Insights

Tools + Resources

Take-aways

COACHING GROUPS

How do I unpack and process my grief?

Saturday Oct 5th | 14.00

Insights

Tools + Resources

Take-aways

COACHING GROUPS

How do I work through past mistakes that are staying with me?

Saturday Oct 5th | 16.00

Insights

Tools + Resources

Take-aways

COACHING GROUPS

Is fear of judgement holding me back?

Saturday Oct 5th | 09.00

Insights

Tools + Resources

Take-aways

COACHING GROUPS

What happened to all my friends? A guide to finding deeper connections in an age of loneliness.

Sunday Oct 6th | 14.00

Insights

Tools + Resources

Take-aways

EXHALE

**POST-FESTIVAL
REFLECTIONS**



REFLECTIVE QUESTIONS

(POST FESTIVAL)

What three key things did you learn at Exhale?

What would you like to create more of in your life?

What would you like less of in your life?

Is there anything you're ready to let go of?

Is there anything you're ready to bring to life?

Can you translate that into three actionable goals?

What are the insights, tools and strategies that might help you work towards those goals?

What barriers (internal or external) might get in your way?

Are there any people in your life who will support you with your goals?

What are your biggest strengths? How will they resource you?

Are there any other resources that might help you?



**GOOD LUCK!
YOU'VE GOT THIS!**

THE EXHALE TEAM X

EXHALE