



## Living Life Fully: A Workshop for Teenagers

An exciting opportunity for adolescents to gain a greater understanding of themselves and explore what really matters in their lives, helping them to take committed steps in achieving their goals.

Acceptance and commitment therapy is an evidence-based intervention that helps us to acknowledge and embrace our thoughts and emotions, changing the way we react to them, whilst being in the present moment, enabling us to make room to facilitate positive changes in accordance with our values and what's important to us in our own lives.

### Who will benefit?

All Adolescents, particularly those who struggle with anxiety, depression and low self-esteem and those who feel “stuck” but want to make positive and meaningful changes in their lives.  
Ages 13-18

### In a supportive group we will explore:

- Identifying who you want to be and what really matters
- Letting go of the struggle (noticing, accepting and making room for difficult thoughts and feelings and “unsticking” from these )
- Developing a sense of compassion and acceptance (who you have been, who you are now and who you want to be)
- Taking committed steps in connecting with what really matters in achieving your goals.

### Learning Outcomes

- Be able to identify your core values and incorporate these into SMART goals to help you plan for future aspirations
- Develop mindfulness skills in helping you to remain fully present in what you do
- Learn skills to help you manage difficult thoughts and emotions
- Develop a greater sense of self awareness and self compassion.



**Location:** Online. A secure HIPAA compliant link will be sent upon registration.

**Fee:** 350 AED for a 90-minute workshop

**Facilitator:** Dr. Miranda Gaylor,  
Consultant Psychologist.

**Dates:** Saturday May 11th

**Time:** 10.00am - 11.30am



**Scan to Register**