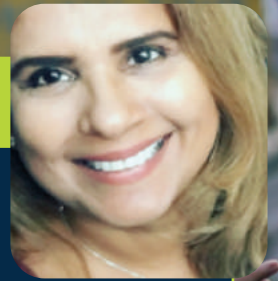


Creating a  
**mindful life**

with **The Four Elements**



Diana Sherin Gomez



**Resident Mindfulness Coach  
at Pavelka Wellness**

Sherin is from Singapore and practices mindfulness as part of her everyday life. Having studied and practiced meditation and yoga for more than 20 years, Sherin has trained in Mindfulness-Based Stress Reduction by Dr. Jon Kabat-Zinn, PhD and taught more than 100 MBSR classes and dozens of other mindfulness programs in universities, medical centres, non-profits, and in government and corporate settings.

**Here's a little about Sherin:**

**Has lived in:** New Zealand, Australia, Japan, USA, Germany, UK

Mother of one

**Likes:** Godiva chocolates, Art supply store trips and Being at the beach

**Most chill:** In the beach

**Biggest stress:** Flying, Clutter

**Mindfulness Training:** Mindfulness Based Stress Reduction Therapist (MBSR), Working & Learning with Mindfulness, Search Inside Yourself Certification, Neuro-Linguistic Programming (NLP) Master Practitioner, Certified Cognitive Behavioural Therapist (CCBT), Happiness Life Coach

About Us?

**Our mission is to place health and wellness at the cultural centre of individuals, teams and organisations. The programme's framework is The Four Elements; Eat, Sweat, Think and Connect.**

They are our universal truths - if each person considers how they can best live with each Element, each day, then they will be on their own path to health and wellness. It is a "one size fits one" approach, with the programme setting people up for their own success.

We work in partnership with organisations, groups and communities to ensure that the resources and support we provide is relevant and delivered in a timely manner. We will upskill your people around The Four Elements so that you don't need us anymore.

Main Goals

With the tools and know-how, learn ways to increase your attention and focus, show your empathy to others, engage with people around you and put in place small changes that will sustain your wellness in the long-term.

The programme is a journey through the self, resulting in a capacity to respect yourself, care for others, show leadership qualities and build a framework that is a strong foundation for your health and well-being.

Framework

This programme is a series of 4 sessions online journey.

On-demand resources comprise of video presentations, audio guided meditation and workbooks.

This programme also includes experiential practices, engaging group conversations, weekly reflections and journaling.

Virtual Practice with on-demand content that you can access at your own time .

1. Video Presentation 30 mins x4
2. Audio Guided Meditation 10 mins x4
3. Virtual Live Group Sessions x2 (60 mins x2)
4. Workbook x4

Be part of a vibrant community on a virtual platform and chat with our Pavelka Expert.

# Creating a mindful life



## with The Four Elements



### Session 1

#### Connecting to the Here & Now

When trying to succeed in work or life, it can feel as though the day flies by, and it can be about looking at the future, planning and projecting. But what about the here and now? How are you fully experiencing the present? This section gives you an introduction to living mindfully, being connected to yourself in the present and making the most of the moment.

**Learning Objective:** Familiarise participants on the building blocks of Mindfulness, the role of thoughts and their relationship with the present moment.

**Learning Outcome:** Being able to make contact with the present moment.

### Session 2

#### Recognise when you're living on Autopilot

It's easy to live on autopilot, when you are simply doing, but not thinking. How can you escape automatic behaviour, and start considering what other choices you have each day? This section also focuses on the relationship between automaticity and food, your daily diet and how you can eat more mindfully.

**Learning Objective:** To clarify the relationship between mindfulness and automaticity.

**Learning Outcome:** Develop an awareness of automatic patterns or habits, giving you a choice to choose other behaviours instead of the automatic behaviour.

### Session 3

#### Judgements and Awareness

How aware are you? Is your belief system and opinion fixed in a way that blocks growth or change? Do you live consciously with your body, identifying what it needs, and responding? This section looks at how you live, how you move and how you can better listen to your needs and find focus to act.

**Learning Objective:** Experience the judgmental nature of our minds and learn open awareness.

**Learning Outcome:** Learn concentration, open attention and the ability to focus on a task (whatever it may be).

### Session 4

#### Acceptance and Conflict

How do you deal with stress and feeling of anxiety? Do you accept your emotions for what they are - and what do you do with them? This section looks at how you think when faced with difficult challenges or situations, and how, by creating small rituals, you can come to terms with your thoughts and feelings.

**Learning Objective:** Learning to apply acceptance to difficult emotions or situations.

**Learning Outcome:** Letting go of control, anxiety, stress and depression.