



## NEW Adult Multi-sensory Woodland Empowerment Sessions:

# REFRESH

**Fridays or Sundays 10am-12pm (4-week blocks) 2022-2023**



**Introductory Price=**  
ONLY £30 per week  
so £120 for each 4 weeks  
Block 1 starting:  
Fri 30<sup>th</sup> Sept or Sun 2<sup>nd</sup> Oct

**R**elax

**E**mpower knowledge & skills

**F**riendship

**R**eflect

**E**motional Regulation

**S**elf-regulation of all 8 senses

**H**ammocks & Grounding strategies.



**Venue=** Empowering  
Little Minds Private  
Woodland HQ – outside  
Ballynahinch

- In a world where being busy is worn as a badge of honour & burnout rates are rising every year, we are told that to continue to help others, we first need to fill up our own cup & take time out for ourselves, but how on earth do we do this & where do we start?
- We are taught that, to empower others to better self-regulate their emotional and sensory needs, co-regulation from a regulated adult is crucial. However, the truth is that co-regulating others emotional, sensory, communication & behaviour needs, as well as providing for their other physical needs 24/7 is exhausting. Having been an SEN teacher for 18 yrs, a full-time carer & also supported my best friend through her mental illness, I have experienced burn-out myself & I quickly discovered that although I knew the theory to fill up my own cups to enable me to continue to give to others, I had no idea where to start to really help myself as no-one ever explains how our self-regulation works as adults and what we can tangibly do to empower our own self-regulation on a daily basis. I had to start from scratch & researched strategies from many different aspects of neuroscience & sensory/emotional regulation, summarising them together, therein creating REFRESH.
- Following neuroscience research results, I have designed REFRESH to empower us as busy adults to reduce our burn out rate & take crucial but positive & productive time out for ourselves in nature to feel more refreshed and empowered to deal with life's many daily trials. The nature in our private woodland has always been my best healer & self-regulator so I wanted to provide adult sessions to share this magical space with others.
- Each 2-hour session provides time in our private woodland setting to gradually explore all aspects of REFRESH & provides hot drinks/snack, handouts & all equipment.

**For More Information & To book Email: [judithriddell@empoweringlittleminds.co.uk](mailto:judithriddell@empoweringlittleminds.co.uk)**

**(Maximum of only 10 places per session)**

# ADULT TIMETABLE: 2022-2023

## 3-5 week Year Round Teaching Blocks

Thursday	Friday	Saturday	Sunday
	10-12pm Adult Woodland REFRESH sessions		AUTUMN/WINTER TERMS ONLY 10-12pm Adult Woodland REFRESH sessions
SPRING ONWARDS INSTEAD OF SUNDAYS 7-9pm Adult Woodland REFRESH sessions			

### Booking Details:

<b>Name:</b>	
<b>Phone Number:</b>	
<b>Email Address:</b>	
<b>Any Allergies/Dietary Requirements or Medical Needs I need to be aware of for Woodland Safety?</b>	
<b>Personal Role= Carer/Teacher/Parent/ Medical Professional/Social Care Professional or social worker.</b>	
<b>Session Requesting: Friday or Sunday or Thursday</b>	
<b>Block Session Requesting?</b> Term #1= 28 <sup>th</sup> Sept -23 <sup>rd</sup> Oct (£120) Term #2= 2 <sup>nd</sup> Nov- 4 <sup>th</sup> Dec (£150) Term #3= 11 <sup>th</sup> Jan-5 <sup>th</sup> Feb (£120) Term #4= 15 <sup>th</sup> Feb-12 <sup>th</sup> Mar (£120) Term #5= 22 <sup>nd</sup> Mar-2 <sup>nd</sup> April (£120) Term #6= 3 <sup>rd</sup> -28 <sup>th</sup> May (£120)  SUMMER SESSIONS: 1 <sup>st</sup> -23 <sup>rd</sup> July (£90) 2 <sup>nd</sup> -20 <sup>th</sup> August (£90)	

- You can simply book to come to one 4-week block or multiple blocks. Each week will provide different strategy options to help build up your own self-regulation resource bank of what might help you better self-regulate & co-regulate others more efficiently. (Maximum of 10 adults per session)
- Payment upfront is required to finalise your term block place.

Payment is normally via Bank Transfer: My bank transfer details ULSTER BANK=

Name: RIDDELL JRA  
 ACCOUNT= 16921785  
 SORT= 98-00-60

Thanks Judith Riddell

### Contact For More Information:

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