

LOTUS PROGRAM



ENHANCED PERSONAL RESILIENCE & WELLBEING

This workshop will help you identify areas where you feel stuck and support you in developing emotional regulation and mindfulness skills. These essential tools can significantly enhance your ability to make thoughtful and intentional life choices, enabling you to move forward with greater confidence.

The LOTUS program offers 6 weekly sessions based on Positive Psychotherapy and Enhanced Cognitive Behavioral Therapy (E-CBT) to help individuals or groups achieve full life satisfaction. It focuses on developing awareness through mindfulness strategies and overcoming challenges and provides tools for continuous personal growth and self-authentication. The LOTUS program (Learning, Optimising, Transforming, and Understanding the Self) can be experienced individually or in a group setting.

It is a practical tool, enabling you to explore 10 key areas of your life, assess your level of satisfaction in each of these areas, and set out a roadmap for improvement. By concentrating on developing awareness through hypno-meditation and mindfulness strategies, the program equips you with tools to help you overcome challenges. Distress patterns and self-imposed barriers will be conquered. You will evolve and develop by encouraging mindfulness observation, self-regulation, and focused visualisation to gain self-mastery or insight. The sessions encourage continuous growth and self-authentication.

GROUP WORKSHOP DATE: six-week sessions of 60 minutes starting in July.

INDIVIDUAL APPOINTMENTS: Each session lasts 90 minutes and is person-centered.



Website contact details



Mobile contact number