

## What do I need to bring with me?

- A bottle of water or other drink.
- A light snack, if needed.
- A notebook and something to write with. I will spare notebooks and pens in case.
- A yoga mat and blanket. (We will be doing a relaxing and affirming cool-down at the end of the session.)
- Your **Values List** and your **Boundaries Questionnaire**.

Please also make sure to fill in the Health & Safety Form ahead of the session.

## What shall I wear?

There is certainly no dress-code, however, there will be some moving about; lying down, standing, sitting, walking around the space, so make sure that you feel comfortable and that the clothes you wear are practical.

My suggestion would be comfortable trousers or leggings, and a couple of top layers.

I would suggest bare feet or socked feet but if you would be more comfortable in shoes, please wear flat trainers or similar rather than flip flops, slip ons or harder shoes. This is for health and safety reasons but also comfort.

## What am I going to be asked to do?

The workshop is a mix of open conversation, partnered (dyad) coaching, written work and role-play. All exercises are designed with an open range of participants in mind.

Whilst I encourage everyone to throw themselves into the process as much as possible, with courageous vulnerability, I understand that some exercises may feel out of some people's comfort zone. Saying no to some exercises may be a boundary for you and I respect that. Just do what feels comfortable for you **but** a gentle nudge from me would be that growth occurs outside of your comfort zone.

## Will there be breaks?

Yes. I will be allocating breaks throughout the evening, which we will contract for at the beginning of the session.

Please make sure you have eaten before you attend and bring a light snack if you anticipate needing one.

## Can I email you ahead of time?

Of course, if you have any additional questions ahead of time, feel free to email me.

**hello@core-you.com**