

Emotional Wealth



Workshops

Talks

Action Learning Sets

No one is 'too sensitive' or 'too emotional'. We are human beings and we have an abundance of emotions that are neither good nor bad, they just are.

Emotions give us information that we can use to help us understand ourselves and guide our choices.

Emotional Wealth is a framework that supports us to build our resilience so we can deal with our feelings in a productive way, enabling us to respond rather than react.

It is also about accepting who we are, right now and understanding that this is where we start our Emotional Wealth journey.

Presuppositions of Emotional Wealth



We are able to let go of relationships that do not serve us
We are comfortable being our authentic self
We are able to forgive ourselves and others

We take personal responsibility for our actions, our behaviours and our life
We don't do things we do not want to
We model the behaviours we would like to see reflected back to us

We practice mindfulness regularly
We value ourselves
We find happiness in the everyday
We practice gratitude on a daily basis



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