



Brisbane City Psychologists

The Chocolate Meditation Workshop





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The Chocolate Meditation is a fun mindfulness exercise for everybody. Focusing on the whole process of eating chocolate allows you to notice the difference between a more aware mental state versus the way we normally operate in life. The more aware state, also called 'being mode', allows you to do two things:

- 1) to be really present in your life for the good things you are experiencing, like eating a yummy chocolate or enjoying your time with family and friends;
- 2) to be aware of unhelpful thoughts and emotions and choose how you react to them. The main benefit of that is that you can cope with stress, anxiety, low mood and the challenges of everyday life more skilfully.

At the end of the session you will be equipped with simple yet effective strategies that you can work into your life to deal with stress & anxiety at work- for instance before doing a presentation or going to an important meeting. We can also discuss any particular issues you would like us to cover during the workshop, which you feel your team may benefit from.



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WHEN AND WHERE ARE THE WORKSHOPS HELD?

The Chocolate Mindfulness Workshop is conveniently delivered onsite at your workplace over your lunch break. Special locations and times can also be organised upon request.

HOW LONG DOES THE WORKSHOP TAKE?

The Chocolate Meditation Workshop consists of of a 30 minute presentation followed by 15 minutes for Q&A.

WHO DELIVERS THE WORKSHOP?

The Chocolate Meditation Workshop is delivered by a Clinical Psychologist and Executive Wellbeing Coach with vast experience working with professionals, executives and CEOs.



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WHAT IS THE COST OF THE WORKSHOP?

The Chocolate Mindfulness Workshop is FREE as part of an initiative at Brisbane City Psychologists to promote fun, high-quality yet affordable EAP services to help people manage work-related stress & anxiety, cope better with the everyday life challenges and have a healthier and richer life both at work and home.

IS THERE A MAXIMUM NUMBER OF PEOPLE WHO CAN ATTEND?

The Chocolate Meditation Workshop is best suited for groups of up to 25 people, because they allow for better interaction between the participants and the presenter. For large organisations several workshops can be organised alternatively a better suited workshop can be arranged for large groups.

HOW DO I BOOK A WORKSHOP?

Call 1300 751 204 to book a workshop for you and your team today!

[More Info](#)