



Refilling Your Cup

A six week series supporting your health and wellbeing through community and connection focusing on re-sourcing yourself from the inside out. Connect, explore and learn approaches for a happy you through reflection and thought-provoking activities in a supportive environment with other women.

Session 1: All aboard! - Connecting to yourself and others.

Get to know each other through several exercises related to:

- Identity & Belonging
- Roles and Hats we wear
- Life Balance & Awareness

Session 2: Strong from the inside out

Shine the light on your strengths to use them to get through difficult times.

- Take past learnings to tweak them for what's next.
- Spotlight your genius to give to those around you
- Embrace your Inner Leader: Wisdom and Compassion for the journey

Session 3: Life on purpose - the magic of who you ARE

Demystify the phrase "Life Purpose."

- Purpose as a way of being
- Purpose as a way of living
- Purpose as a way to joy

Session 4: The Bank of You - Time and Energy Affluence

Create more life balance.

- Choose • Create • Control

Session 5: Be your own friend: Self Compassion

Exercises to turn kindness and generosity on ourselves.

- Increase Self Compassion
- Decrease self-criticism and self-judgment
- Be-friend yourself in times of challenge, frustration, or disappointment

Session 6: Celebrate good times, come on!

Look at the importance of rest, fun, and positive appreciation.

- Discover your favorite ways to have fun & why it's important to your health and wellbeing
- Appreciation and acknowledgment for healthy relationships
- Design a personalized plan for building in rest, fun, and connection

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Limited to 20 attendees, please plan on attending all of them as we will form a community as we refill our cup.

When: May 14th, 21th, 28th, June 11th, June 18th, June 25th

Time: 10:30am-12:30pm CET

Where: Zoom. You will receive a link when you sign up.

Interested in signing up or more information: health@fawco.org

To give and receive -

In lieu of payment for this series please donate, the normal cost of the program 195 Euros, to the Target Project.

How to Donate: <https://www.fawcofoundation.org/ways-of-giving/how-to-donate> Please use the Reference Code: TargetCup

Meg Lyons, is an American-born, London-based life coach and facilitator, who loves helping women to live with more clarity, purpose, and joy. After a 15-year career in financial services, she retrained as a coach with the Co-Active Training Institute, and loves connecting women to themselves and each other in supportive learning environments, in 1:1 coaching or group circles.

