



# WAYWORDS JOURNALS JOURNALING WORKSHOPS

*Team journaling workshops improve  
personal and business outcomes*

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WAYWORDS JOURNALS

INSPIRATION CLARITY ACTION

# You are 40% more likely to achieve your goals when they're written down.

> **Journaling Workshops support employees, improve well-being and increase productivity for your team.**

> Journaling is a powerful tool for personal growth.

> Journaling helps decrease stress, improves clarity and focus, and builds positivity, so that life and work are approached from a **place of feeling well.**

## WOULD YOU LIKE TO:

### GO FROM THIS

Too much on, too many commitments

### AND THIS

Overwhelmed with life, at risk of burnout

### TO FEELING LIKE THIS

Clarity of thought, organised and productive

Stressed with life's pressures

Worried and anxious

More resilient, calm and focused

Unsure about career next steps

Afraid to speak up, lacking confidence

Knowing your strengths, confidence tools, a strategy and an action plan

Feeling down, lacking positivity

Being negative, taking feedback personally

Appreciating the good things in life, engaging more with all aspects of work and life

Reluctant to change, closed mindset

Procrastinating

Purposeful, showing up as your best self – more open and innovative, setting yourself up for success

**Whilst journaling is an individual pursuit, it's also an excellent team building activity. The ultimate aim is to support employees, improve well-being and increase productivity for your business.**

## **WAYWORDS JOURNALING WORKSHOPS EXPLAINED**

**THESE WORKSHOPS ARE TAILORED TO MEET THE REQUIREMENTS OF YOUR TEAM, PROVIDING BENEFITS SUCH AS:**

- > Improved self-awareness and recognition of your strengths, how to feel well, be positive and open to life's possibilities. Key for success in leadership and in life.
- > Journaling acts as a springboard for action. Push past norms and boundaries to improve employee engagement and collaboration, leading to improved productivity.
- > Journaling helps uncover purpose – key to improving mental strength and wellness.
- > Set personal and business goals with increased clarity, positivity and focus.
- > Interactive workshops to communicate benefits of journaling ie, understanding yourself and others, finding ways to get more done with less stress.
- > Focused and Fun sessions to experience different journaling methods tailored to suit every individual style. The workshops are ideal to start the week with focus, add excitement to mid-week or to end Friday on a positive note.

## **YOUR INVESTMENT INCLUDES:**

### **THE WORKSHOPS**

90 minute journaling workshop facilitated by Maria Burke experienced Executive Coach, Pharmacist, business owner and best-selling author. As well as journaling methods, tools and tips, attendees will gain insight into practical CBT and mindfulness tools that provide a high return on your investment.

### **COST FOR 1 WORKSHOP (UP TO 6 ATTENDEES)\***

€990\*\*

### **COST FOR 2 WORKSHOPS (UP TO 6 ATTENDEES)**

€894 per workshop  
total investment  
€1,788

### **COST FOR 3 WORKSHOPS (UP TO 6 ATTENDEES)**

€780 per workshop  
total investment  
€2,340

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## WHAT OUR CUSTOMERS SAY

This is an incredible presentation.  
So valuable and relatable.

*Siobhan  
The Networking Hub*

I started using this gratitude journal back in January and it really has helped me shift my mindset to a more positive place. I take a few minutes as part of my evening wind-down ritual to do the exercises and have found I feel calmer and more positive. I highly recommend!

*Gratitude Journal,  
Elaine Bank of Ireland*

This journal is just what you need to spur you into action and make all those great intentions about re-organising yourself and your business a reality. Maria offers real, practical and actionable advice on how to make sustainable changes that can transform your sense of self and put you on the path to success in life and in business.

*The Formula Workbook & Journal, Alison Cowzer,  
Entrepreneur and Dragon's Den Investor*

Following a journaling presentation by Maria I've started journaling. Finding it's so very good and way more powerful than I anticipated. Perfect timing as my head is spinning with family and work roller-coasters right now.

*Journaling Presentation,  
Fiona HSE*



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