



Sometimes as children and teens, we don't get a chance to develop the skills and muscles of emotional well being. And life gets even harder.

Welcome to Truing Up!

Through journaling, guided meditations, mindful movements, tiny tools, and discussion, women strengthen their inner resilience. During each session a Tiny Tool, a science- backed jewel, is introduced and practiced to build muscles of women's emotional wellness.

When we learn to better understand and befriend our emotions, practice goodwill and generosity to ourself and others, and use our inner and outer resources skillfully, we reduce our stress.

90-minute SESSIONS

- Knowing Our Inner Wholeness
- Dropping Into Our Bodies
- Befriending Our Emotions
- Caring For Our Hearts
- Using Self Compassion
- Lightening Our Minds
- Building Our Resources
- Adding More Ease To Everyday Life

Four Pillars of Emotional Well Being



PRESENT MOMENT AWARENESS

Mindfulness is our curious focused attention of our body, heart, and mind right in the present moment – without judgment. Think about the last time you stayed up too late watching a movie – the body was tired but the mind was pushing. The skill of tracking the felt-sense of our bodies allows us to honor and trust the connection and calming of our minds, hearts, and bodies.

EMOTIONAL RESILIENCE

How quickly can you show up for your emotions and recover from adversity? For example, if someone makes a snarky comment to you, how long does it take you to recover? Three seconds, three minutes, or are you still rehashing it three decades later? Emotional resilience hinges on emotional literacy – sensing our physical feelings, naming and taming them, and soothing ourselves to enable longstanding well being.



GOODWILL to SELF and OTHERS

Including ourselves in the circle of care allows us to ground in warm heartedness, common humanity, and worthiness. The science of self-compassion shows it increases our life satisfaction, self-confidence, optimism, creativity, and relationships. When we take care of ourselves, we take better care of others.

POSITIVE OUTLOOK

When our frame of mind includes a kind inner voice, simple gratitude practices, and a willingness to know and tap our nourishing inner and outer resources, our emotions are boosted to the Humming Zone. That place where we flourish.



Bring calming and healing to your community of women



One participant shared:
“Tiny Tools are wonderful, powerful and effective! I highly recommend this class for anyone who is also living on the planet!”