

# PLAY!



The Playful Mind  
Project



## P=Plug-In

These sessions are all about YOU--where you're at emotionally, physically and mentally. We listen. We see and hear you and are trained to attune to your present mood to help uplift you in the moment. You

## L=Level the Playing Field

This is where our playful/mindful time comes in. Yes, you can do both! Breathwork, shifting your energy inward and noticing your own body are key to feeling safe and confident enough to really Play! It's where our motto, "From Safety we can find our Silly" was born!



## A=Apply and Adapt

By now, you're in that state of FLOW that shifts your thought process. Through various modes of play, you rise to the challenge, learn tips and tools and start to SHIFT your mindset to find more positive ways to connect to others, pursue work demands and ease your stress levels.

## Y=Yes...AND

As the session closes, we allow time to process what we've done. More breathwork and conversation are done as we review our experience in play, assess current moods and brainstorm ways to keep this feeling throughout the week. Personalized skill building play exercises will be given to help reinforce your new superpowers! It's not homework-it's homeplay!



## Exclamation Point!!

Ending on a high note is key to keeping that playful, uplifting vibe going once we release you back into the "wild" of your new normal daily life! We celebrate breakthroughs, inventive ideas and other cool things that came out of our time together. We'll ensure you're pumped up and ready to tackle what's ahead, without needing to mainline your afternoon caffeine!

