

Manifesting Workshop

Science or science fiction!

Duration

3 hours

Introduction

The general concept of manifesting is centuries old but has gained new supporters in recent years through some popular books and social media. Online searches related to manifesting spiked during the pandemic and remain strong.

We have all heard the phrase ‘mind over matter’, well this is the basis of manifesting. There is no magic wand but by understanding how our brain works and why this leads to different outcomes is the first step.

But there are different schools of thought and we will look into the wider concepts and different paths you may wish to take.

Topics

- Differing definitions and thinking on the subject
- What have we got evidence of?
- The brain and why it’s all in your head
- Energy: can we change it, feel it, send it?
- The psychology
- Meditation, visualisation, mindfulness and hypnosis
- **Flourish Action Plan for Manifestation**

When you walk away

1. You will have a better understanding of your beliefs on the subject and which direction you are most drawn towards
2. You will have explored how to use this knowledge in business and in your personal life
3. You will have the basic ‘getting started’ **Flourish Action Plan for Manifestation**

How to make the most of the training

1. Participate in discussions as much as possible as this stimulates thinking and also helps listeners do the same
2. Be open, honest and authentic with the group, we all learn from one another
3. Pick a manifesting buddy: you can support one another and expand your learning together. This also keeps you on track to do the work needed to be successful

