



FOLLOW UP SUPPORTS & RESOURCES

This Booklet is packed with follow up supports and resources, including the Calendar of events for the Well-being Network 2019 and upcoming courses and workshops.

Please click here to access the slides: <https://vimeo.com/331171069> (Password RNW19)

Keep in touch Email: contactme@jenniecruise.ie Website: www.jenniecruise.ie

Follow Up supports for Personal Development *Examples* of Information **freely** available



Facebook: <https://www.facebook.com/JCLifeCoachMentor/>

Youtube: https://www.youtube.com/channel/UCv98_tXBE5yMEQNP9c9W81Q?view_as=subscriber

Twitter: <https://twitter.com/jenniecruise>

LinkedIn: <https://www.linkedin.com/in/jclifecoachmentor/>

Instagram: <https://www.instagram.com/jenniecruiselcm/?hl=en>

Google Plus <https://plus.google.com/u/0/+JennieCruiseLCM>

**THE WELLBEING
NETWORK**

<https://www.meetup.com/The-Well-Being-Network>

Monthly meetups @ the Carlton Hotel, Tyrrelstown Hotel from 7pm – 9pm

Calendar for 2019 below:

BASE Enterprise Centre, Damastown road, Mulhuddart, Dublin 15, Mobile: 086 1909896, Email: CONTACTME@JENNIECRUISE.IE



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THE WELLBEING NETWORK

2019



VENUE: THE CARLTON HOTEL, TYRRELSTOWN, D15
TIME: FROM 7 PM - 9 PM

| | | |
|-------------------------------|-----------|--|
| Monday, 21 st , | January | Goal Setting for the Mind, Body & Soul |
| Tuesday, 26 th , | February | The Secret to the Law of Attraction |
| Wednesday, 27 th , | March | Making More Time with Mindfulness |
| Thursday, 25 th , | April | POSITIVE PSYCHOLOGY & THE PURSUIT OF HAPPINESS |
| Monday, 27 th , | May | Managing Stress & Our Mind |
| Tuesday, 25 th , | June | How Hypnotherapy & Imprinting Works |
| Wednesday, 31 st , | July | Live well and live long |
| Thursday, 22 nd , | August | Financial Freedom & Wellbeing |
| Monday, 16 th , | September | Energy & the Force of Nature |
| Tuesday, 22 nd , | October | Change Your Thoughts; Change Your World |
| Wednesday, 20 th , | November | Positive Psychology & The Pursuit of Happiness |



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Resources

| Concept / Tool | Location Go to or click here to access – hold down the CTRL key and click | Information |
|--|---|---|
| <i>Law of Attraction Esther Hicks</i> | https://www.abraham-hicks.com/ | Website Books & videos |
| <i>Jack Canfield Principles of success</i> | https://www.youtube.com/watch?v=DC4SA_6FqG4&list=PLFA8E04A2B3752A58&index=9 | Youtube link to Jack Canfield |
| <i>Positive Mental Health FB Page</i> | https://www.facebook.com/mindapples5aday?ref=hl | Facebook Page Mind Apples |
| <i>Twitter – Follow Wayne Dyer</i> | https://twitter.com/DrWayneWDyer | Twitter Wayne Dyer |
| <i>Youtube Need a laugh</i> | https://www.youtube.com/watch?v=76UFAGC7nDY | Laughter is contagious |
| <i>Youtube Need a pick me up</i> | https://www.youtube.com/watch?v=Iluz6fUtfRE | No arms no legs No worries |
| <i>Psychology FB</i> | https://www.facebook.com/ATI.Psychology | ATI Psychology |
| <i>Youtube Cliff clip</i> | http://www.youtube.com/watch?v=5WXXm-FVB58 | Cliff Young |
| <i>Cliff FB</i> | https://www.facebook.com/UltraCliffy | Cliff young Facebook |
| <i>Cliff website</i> | http://www.ultralegends.com/cliff-young/ | Cliff Young Website |
| <i>Dove Ad – We are all beautiful FB</i> | https://www.facebook.com/photo.php?v=530702140310297&set=vb.177648308949017&type=2&theater | We are beautiful Commercial |
| <i>Youtube clip</i> | http://www.youtube.com/watch?v=kUBJ9I7RhTs | The truth about personality |

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| | | |
|--|---|----------------------------------|
| <i>Goal Setting</i> | http://www.daniellelaporte.com/thedesiremap/ | Danielle LaPorte The Desire Map |
| <i>Is it TRUE?</i> | http://thework.com/en Stories we make up in our heads | Byron Katie - The Work |
| <i>Oprah – OWN channel</i> | http://www.oprah.com/omagazine/brene-brown-rising-strong-excerpt | Brene Brown |
| <i>Mindfulness Reminders or Mediation</i> | Phone Apps iPhone and androids = Smartphones or tablets Insight Timer , Instant Pep talk, HEADSPACE, Calm, Oprah & Deepak 21-day meditations | Free apps |
| <i>TED TALKS Website and app for talks on any topic you like</i> | http://www.ted.com/playlists/204/slow_down_enjoy_life | Allow your brain to take a break |
| <i>BRENE BROWN</i> | http://www.inc.com/ilan-mochari/brene-brown-inbound-shame.html | Brene Brown – |
| <i>BRENE BROWN Youtube</i> | https://www.youtube.com/watch?v=1Ewgu369Jw | Brene Brown – Empathy |
| <i>Susan Cain Author of the book Quiet</i> | Book: Quiet, The Power of Extroverts TED Talk | Susan Cain |
| <i>Trust in the Universe or the Law of Attraction</i> | Gabrielle Bernstein Book: The Universe has your back Also, on FB, Instagram & Youtube. | Gabby Bernstein |
| <i>Oprah how to manifest what you want</i> | https://www.youtube.com/watch?v=F_F_94WOCq4&list=PLVMwS9Fb3LSRj-IksoE9GynIppm8QMMoy&index=3 | |
| <i>Most motivational video ever</i> | https://www.youtube.com/watch?v=znwRzsYLR6s&list=PLVMwS9Fb3LSRj-IksoE9GynIppm8QMMoy&index=1 | |
| <i>Oprah best speech ever</i> | https://www.youtube.com/watch?v=LkSgxuQrYwY&list=PLVMwS9Fb3LSRj-IksoE9GynIppm8QMMoy&index=3&t=0s | |

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| | | |
|---|---|--|
| <i>5 Signs You're Dealing with A Narcissist</i> | https://www.youtube.com/watch?v=Hg4ws1QPeNE | |
| <i>These Are the Signs You're Dating A Narcissist</i> | https://www.youtube.com/watch?v=TLM94DnKkQo | |
| <i>Article on Narcissistic personality disorder</i> | https://www.helpguide.org/articles/mental-disorders/narcissistic-personality-disorder.htm | |
| <i>Gabor Mate When the body says No</i> | https://www.youtube.com/watch?v=c6IL8WVyMMs&t=370s | |
| <i>Bruce Lipton The Biology of beliefs</i> | https://www.youtube.com/watch?v=GCG1zj3mxOw | |
| <i>The body Image movement</i> | https://bodyimagemovement.com/ | |
| <i>Managing A Narcissist Ann Barnes TED talk</i> | https://www.youtube.com/watch?v=2pq-shPP4cw | |
| <i>The psychology of Narcissists</i> | https://www.youtube.com/watch?v=arJLy3hX1E8&t=133s | |
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| UPCOMING COURSES AND WORKSHOPS MAY – SEPTEMBER | | | | | | |
|--|---|--|----------------------|---|---|---|
| Details | | Dates | Times | Venue | Cost | Payable |
| Course | Begin to Transform Your Life - 8 sessions | Tuesday 15 th 22, 29 October 5 th , 12 th , 19 th , 26 th , November & 3 rd of December | 9:30 – 1:00pm | BASE | €300 | Deposit of €50 to secure your place: Cash or PayPal |
| Course | Continue to Transform your Life Part 2 8 sessions | Monday 14 th & 21 st October, 4 th , 11 th , 18 th , 25 th November, 2 nd & 9 th December | 9:30 – 1:00pm | BASE Enterprise Centre, Mulhuddart, D15 | €300 | Deposit of €50 to secure your place Balance payable in Minimum amounts of €50 per week |
| Workshop | The Secret to the Law of Attraction DUBLIN | Sunday the 22 nd of September | 9:30 am – 4:00 pm | The Carlton Hotel, Tyrrelstown, Dublin 15 | €60 €50 Early Bird Including Lunch | Payment advances by PayPal https://paypal.me/jencruise |
| Workshop | Getting Down to Business: Digital Marketing | Friday the 20 th of September | 9:30 am – 4:00 pm | BASE Centre, Mulhuddart D15 | €50 Including Lunch | Payment advances by PayPal https://paypal.me/jencruise |
| Workshop | Positive Psychology & the Pursuit of happiness | Saturday the 11 th of January 2020 | 9:30 am – 4:00 pm | BASE Centre, Mulhuddart D15 | €50 Including Lunch | Payment advances by PayPal https://paypal.me/jencruise |
| Course | QZI Level 6 Life & Executive Coaching | 11 th – 17 th September | 9:30 am – 4:30 pm | BASE | €950 | €100 deposit required Balance due before |

If you are not familiar with PayPal, email me and I can send you an alternative payment method. Remember to include the name of the course/workshop as a reference when making a payment.

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