

## WHAT OUR PARTICIPANTS ARE SAYING...

*“The group offered me an opportunity to be in the moment, and feel completely supported by others around me. It was so helpful to be in a supportive community where I could share anything I wanted to share – good or bad, and others do the same. I was reminded that we’re all human. Simple exercises we did, honest conversations we had, and the faith we had in each other was an incredible source of inspiration during this time in my life.”*

– Anna Grundstrom, Brooklyn, NY

*“Through this group I developed an immediate bond with likeminded individuals. With every session our connection deepened and grew together in our own way. We learned various simple and fun ways to manage anxiety and stress and achieved a greater sense of self-awareness and acceptance. It was a life changing experience!”*

– Jean Poling, East Rutherford, NJ

*“I’m the type of person who is likely to read about the exercises in the books but I rarely put them into practice on my own. Thus, this group is such a gift. It enables me to have a safe, powerful and empowering place to go to learn about myself and how to be happier and healthier. Going to group every week is like filling up your gas tank when it’s on empty with premium fuel. The conversations are refreshing and invigorating, and the people are amazing.”*

– Emiliya Zhivotovskaya, New York, NY

Put the science of flourishing into practice...



With Rachel E. Roth, CAPP

### About Flourishing Skills Groups™



Why do some people languish while other people flourish? Because in order to thrive, people need to learn to build their reservoir of positive emotions, work with negative emotions, build their will-power, and create nurturing relationships. FSGs gives you those tools in an intimate and supportive group setting. Created by The Flourishing Center, the group meets weekly for 10 consecutive weeks. Each week builds and deepens your happiness skillset leaving you nourished & empowered.

Email: [info@theflourishingspace.com](mailto:info@theflourishingspace.com)  
Call: (267) 912-1728

## JOIN A FLOURISHING SKILLS GROUP™



### TOGETHER WE THRIVE

#### YOU’LL GET TO:

- Connect with Your Tribe
- Learn to Manage Stress
- Boost Your Daily Happiness
- Create Optimum Health
- Prevent Health Problems
- Increase Self-Awareness
- Gain Tools for Self-Mastery



THE FLOURISHING SPACE  
CULTIVATING DEEP-ROOTED RESILIENCE

# SESSION DESCRIPTIONS

## #1. INTRODUCTIONS Date TBD

Learn what the science of happiness and well-being (Positive Psychology) is all about. Tell strengths stories and uncover the power of focusing on “what’s right with you” in a world that’s constantly focusing on what’s going wrong.

## #2. STRENGTHS

Discover your top signature strengths are. Learn about naming, spotting and amplifying strengths. Use these skills to become more effective in the world by leveraging what you’re already doing well.

## #3. GRATITUDE

Learn about how evolution has biased your mind and body for negativity and how you can counter this tendency to worry, judge and ruminate by practicing gratitude. Learn the science of gratitude and novel gratitude exercises.

## #4. SAVORING

Positive life events alone are not enough to bring out happiness. Harnessing these approaches to savoring enable you to get more positivity out of your day-to-day experiences.

## #5. CONNECTIONS

Learn to build more positive and authentic connections with the people in your life. Uncover simple tools for helping the people in your become happier and healthier.

## #6. VISUALIZATION

Many people waste their energy thinking about things they “should change” but rarely do. Uncover this research based approach to effectively moving towards your best possible self.

## #7. MIND CHATTER

Is your mind-full or are you mindful? Learn about how your brain works. Identify how to redirect and reprogram your limiting beliefs to more empowering, solution oriented thoughts.

## #8. HABIT CHANGE

Of course you can teach an old dog new tricks, you just need to know the science of how habits form and how they are broken. Learn to identify the trigger, habit loop and appropriate rewards to break old habits.

## #9. FORGIVENESS

Forgiving does not mean forgetting. Research shows that people who score high on forgiveness are happier than those who score the least. Discover exercises for letting go of the past to be able to authentically move forward.

## #10. INTUITION

Learn the science of intuition and how to tell the difference between the static and the signals. Practice taping your inner wisdom and intuition.

**LENGTH:** 10 Week Program  
**MEETS:** TBD  
**TIME:** Two Hour Sessions  
**STARTS:** TBD

Call for pricing.

Limited to **10 people**.  
Pre-registration & interview required.

**LOCATION:**  
TBD

**CONTACT RACHEL FOR DETAILS**

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**Rachel E. Roth is a Resilience Coach,  
Grief Recovery Specialist, Positive Psychology  
Practitioner, Trainer & Speaker.**

Bio: Rachel is changing the conversation about life, loss, and wellbeing using the science of applied positive psychology.

She offers FSGs because they provide an incredible opportunity to bring people together to put this powerful research into practice.

Her passion is to help people navigate life's trials and transitions with grit and grace.

