



COURSE TIMETABLE

WOW

Self Care School



WWW.WOWSELFCARESCHOOL.COM



A Big Warm Welcome

How To Get The Most Out Of This Course

- Maintain a daily journal in which you set goals for each day based on the instructions for the week
- Feel free to take notes - there is plenty of room in the worksheets for you to add notes
- Even though each lesson is meant to be studied for one week (with the exception of Foundations), you don't have to become perfect at it within such a timeframe. Knowledge is power and once you know the basics of Self Care it will become a life long learning and practice.
- For convenience, it might be better to watch the video of the month on a Sunday and start implementing it from Monday. This way, you'd know what to expect to be doing in the course each month. Don't forget to join the live Zoom unveil on the module Sunday. You will need to devote roughly 5 hours per month to watching the videos and course work.
- As you progress from week to week and lesson to lesson, you'll want to internalise everything you are learning into a routine. Be sure to include those daily activities that you most enjoy into your daily or weekly routine.
- This is the kind of course that you'll want to keep coming back to time and again. It is ever evolving. And that's exactly why, once you are registered you are in for life, or as long as the course is offered. The more times you go through the course, the greater will be your mastery over it.



3 Questions To Gain Clarity On Your Goals For Self Care In Your Life?

1. Why do I need to practice Self Care?

e.g manage stress, avoid burnout, deal with everyday life

2. How Is Your Self care Practice Now?

e.g. Sporadic, not fun, don't do it

3. What is the desired outcome Your Self Care Practice?

e.g. Manage my health - mind, body, soul and embed it into my life. Have a daily practice and also a go to Emergency Practice



Course Timetable - March 2024 Cohort



Activity

1. February 11. 7.00pm AEST

Opening Ceremony with special mystery guest Zoom. Release of Module 1.

2. March 10. 1.00pm AEST

Release of Module 2 and Zoom teaching

3. April 7 1.00pm. AEST

Release of Module 3 and Zoom teaching

4. May 12. 1.00pm AEST

Release of Module 4 and Zoom teaching

5. June 9. 1.00pm AEST

Release of Module 5 and Zoom teaching

6. July 14. 1.00pm AEST

Release of Module 6 and Zoom teaching -
Kickoff of Immersion Experience

7. August 11. 1.00pm AEST

Release of Module 7 and Zoom teaching

8. September 15 1.00pm AEST

Release of Module 8 and Zoom teaching

9. October 13 7.00pm AEST

Celebratory Zoom Dinner and Party



Nurture Hours/Experiences

Note: Dates and activities may be subject to change.



Activity

Week 0 -when you join

Book your workshop for Kintsugi, the Japanese art of putting broken pottery pieces back together with gold — built on the idea that in embracing flaws and imperfections, you can create an even stronger, more beautiful piece of art.

Module 1 - March

Book your zoom workshop for Self Care Journalling

Module 2 - April

Book your zoom workshop for Calm your mind with Watercolour Meditations

Module 3. May

Book your zoom workshop for DIY Aromatherapy Candle & Wax Melts

Module 4. June

Book your zoom workshop for Mindful Baking

Module 5. July

Book your zoom workshop for lush green Kokedama moss ball making - get into the earth

Module 6. August

PNG Immersive

Module 7. September

PNG Immersive

Module 8. October

Try Conversation Starters at home

Bonus:

Book Club - zoom reading: Viktor Frankl's Man's Search For Meaning



Get Started Now!

HOUSEKEEPING:

You really only need to remember 4 things, but here's it broken down for you in detail:

1. Join the monthly Zoom Module Release – it's listed for you on the date schedule
2. Watch the lessons in the WOW Self Care School hub
3. Register for the Self Care Experiences – select a date that works for you. A DIY pack will be delivered to your home ahead of the experiences
4. Complete the various module workbooks.

TO DO:

If you haven't already done so, join our WOW Self Care School Experience Facebook group and introduce yourself to the group. This group will only be active during the March 2024 cohort. After which it will be archived. You'll still be able to access the comments and recordings but interaction with each other will be closed.