

**Online Talk and Guided Meditation Sessions  
24th March - 19th April 2020**



<b>Day and Date</b>	<b>Time</b>	<b>Event</b>	<b>Delivery Chanel</b>
Tuesday 24th March	10:30	Guided Meditation	Facebook Live Paul Scadding Coaching
Thursday 26th March	14:30	Guided Meditation	Facebook Live Paul Scadding Coaching
Friday 27th March	11:00 - 12:00	Managing Worry In Challenging Times	Zoom <a href="https://zoom.us/j/2656080516">https://zoom.us/j/2656080516</a>
Friday 27th March	20:00 - 21:00	Managing Worry In Challenging Times	Zoom <a href="https://zoom.us/j/2656080516">https://zoom.us/j/2656080516</a>
Sunday 29th March	19:00	Guided Meditation	Facebook Live Paul Scadding Coaching
Tuesday 31st March	15:00	Guided Meditation	Facebook Live Paul Scadding Coaching
Thursday 2nd April	11:00	Building Inner Resilience	Zoom <a href="https://zoom.us/j/2656080516">https://zoom.us/j/2656080516</a>
Thursday 2nd April	20:00 - 21:00	Building Inner Resilience	Zoom <a href="https://zoom.us/j/2656080516">https://zoom.us/j/2656080516</a>
Friday 3rd April	20:30	Guided Meditation	Facebook Live Paul Scadding Coaching
Sunday 5th April	15:00	Guided Meditation	Facebook Live Paul Scadding Coaching

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Tuesday 7th April	11:00 - 12:00	Taking Care of You - An Essential Guide to Wellness	Zoom <a href="https://zoom.us/j/2656080516">https://zoom.us/j/2656080516</a>
Tuesday 7th April	20:00 - 21:00	Taking Care of You - An Essential Guide to Wellness	Zoom <a href="https://zoom.us/j/2656080516">https://zoom.us/j/2656080516</a>
Thursday 9th April	20:30	Guided Meditation Free Event	Facebook Live Paul Scadding Coaching
Sunday 12th April	19:00	Guided Meditation	Facebook Live Paul Scadding Coaching
Tuesday 14th April	11:00 - 12:00	Managing Worry In Challenging Times	Zoom <a href="https://zoom.us/j/2656080516">https://zoom.us/j/2656080516</a>
Tuesday 14th April	20:00 - 21:00	Managing Worry In Challenging Times	Zoom <a href="https://zoom.us/j/2656080516">https://zoom.us/j/2656080516</a>
Thursday 16th April	11:30	Guided Meditation Free Event	Facebook Live Paul Scadding Coaching
Sunday 19th April	11:00	Guided Meditation Free Event	Facebook Live Paul Scadding Coaching

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**Zoom**

Talks will be delivered through Zoom. See talk info below.  
Please sign up to Zoom for free using this link...

**<https://zoom.us/signup>**

**To join these sessions please click the following link at the allotted time.**

**<https://zoom.us/j/2656080516>**

**Facebook Live**

Guided Meditation Sessions will be delivered from my Facebook page and will be up to 15-30 minutes in duration

**<https://www.facebook.com/paulscaddingcoaching/>**

Be sure to follow the page to you see updates and new events.

Please share this document with anyone you think might benefit.

**Very Best Wishes**

Paul

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### Managing Worry In Challenging Times

(1 Hour Talk)

Anxiety, stress, panic and worry are high right now due to change of routine and huge uncertainty caused by the coronavirus pandemic. Worry and stress will do you no good. In fact, stress and worry erode and compromise our immune systems, as well as our ability to think clearly and take positive action.

The key to handling adversity is to know that there are a great many things we cannot control but we can control how we respond and react and to do this we need to keep calm and take control of our own minds.

All you need to do is click this meeting link <https://zoom.us/j/2656080516> to join the call. Recording of this call is not permitted for any reason.

### Building Inner Resilience

(1 Hour Talk)

Whilst you cannot always control what life brings you, you can always control your response. In this popular and thought-provoking workshop, coach and motivational speaker Paul Scadding will walk you through his 5 steps 'Inner Resilience' system so you can respond effectively to difficulties and setbacks in life and work. You will discover:-

- What is resilience and is not
- How to develop and maintain resilience
- What the likely consequences are for individuals, teams and organisations if they don't develop resilience
- Practical tools and techniques, to feel better able to respond to life's challenges

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### Taking Care Of You An Essential Guide To Wellness

(1 Hour)

Life has never been more complex with more and more demands placed upon us in life and work. The challenge is to respond without burnout or overwhelm. In this empowering and interactive workshop, coach and motivational speaker Paul Scadding will help you discover:-

- The thoughts and beliefs that hold you back from taking care of yourself
- The possible consequences if we do not prioritise our wellness
- Key tools to enable you to thrive and become more positive and focussed
- Tips and techniques to manage and maintain your mental and physical health

All you need to do is click this meeting link <https://zoom.us/j/2656080516> to join the call. Recording of this call is not permitted for any reason.

If you have any questions please call 07825371942 or email [hello@paulscadding.com](mailto:hello@paulscadding.com)