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5th
place

When stress & anxiety
traps the capacity to
perform, there is a key to
unlock the cage

An overview of 5th Place's **Shape of Emotion** *ease*
programme for supporting adolescents & youth

SHAPE OF EMOTION *EASE* - LEARN HOW TO REDUCE STRESS, RELIEVE ANXIETY AND CONQUER DIFFICULT EMOTIONS

5th Place presents a training programme specifically for young people at high school or tertiary level. This one-day **Shape of Emotion ease** workshop introduces a compelling new process to develop emotional resilience and better manage stress and anxiety in order to perform to one's potential.

This interactive, powerful learning experience will:

- Explore why it is so important to develop emotional resilience now
- Give an understanding and appreciation of the causes and effects of stress and anxiety on your body, your relationships, and your ability to thrive
- Offer a highly effective approach to easily, safely and sustainably regulate and manage stress and anxiety and other difficult emotions
- Enhance the ability and capacity to support oneself and others during times of increased pressure to perform and achieve

Shape of Emotion is a remarkably powerful, yet deceptively simple process for how we structure, store, represent and regulate emotions in order to thrive in today's fast-paced, stress-filled, overwhelming world. Relief is *immediate and in the moment*. The process is largely content-free in nature. There is no need to expose oneself, unpack or spend any extended time analysing what or why you feel the way you do.

Based on the latest work in Neuroscience, **Shape of Emotion ease** draws from the best

of Energy Psychology, Neuro-linguistic programming (NLP), Mindfulness and Traditional Chinese Medicine (TCM). It is a comprehensively researched, evidence-based and proven method for enduring change.

What other young people have said about the **Shape of Emotion ease** programme:

“ It is the most inspiring and mind-opening experience. It teaches you a lot about dealing with tough situations.

“ It is an amazing workshop for teenagers who struggle a lot with getting to know themselves and who struggle with anxiety. It is very helpful and I feel more at ease, and less tense than I was before.

“ It was really helpful because now I feel like I have more ways to deal with my emotions and I can cope better.

“ It is a great tool to use to be able to be ready for tough situations.

“When you change the way you look at things, the things you look at change.”

—Wayne Dyer

About 5th Place

5th Place is the space of connectedness, community, possibility, well-being and equality of all people. 5th Place asks us to build a better world through the realm of feeling. By embracing our feelings and managing our emotions we can become fuller, more whole, human beings. As a full human being we can engage and connect more meaningfully with other human beings. We can engage and connect more meaningfully with other forms of life, nature and our home, mother earth. 5th Place is an organisation created to make the world a better place.

For more information

Please connect with us about **Shape of Emotion ease** and how we can assist and support you. We'd love to engage with you around our work, training or presentations, or if you have other queries too.

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Chantal Dawtrey

Chantal loves to learn and loves to work with people who want to learn. She is inspired by those who are prepared to transcend the narrative that being in control means being successful. She works to create spaces where people feel safe to be vulnerable, and strong enough to engage meaningfully about what truly defines them and their lives. She supports learning journeys, co-creates and facilitates personal, group and team change and development work and gives structure to a growing body of work that brings meaning and purpose to her life and others'. She is the co-founder of 5th Place and co-creator of **Shape of Emotion**.



Matthew Green

Matthew loves to connect with people and inspire them to become more engaged with their feelings. His favourite maxim is: "If you don't know where you are how can you move to somewhere else?". Matthew teaches and facilitates people to accept where they are and what they feel so they can live happier, more fulfilled and purpose driven lives. Matthew's been researching and working with human development potential for the last 29 years. He's the co-founder of 5th Place and co-creator of **Shape of Emotion**.

SHAPE OF EMOTION™
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www.5th.place/ease