



# Creative Catalyst Workshop Series

## Befriending Ourselves in Times of Change

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In this workshop, you will discover creative ways of shifting your inner dialogue from defeating to empowering in order to become a true friend to yourself during this time of unprecedented change. The activities that you will learn have been proven effective for both teenagers and adults to develop an inner stance of curiosity, self-acceptance, and possibility.

Workshop resources:

- [Befriending Ourselves Workshop Slide Presentation.pdf](#)
- [Shared Words of Affirmation.pdf](#) - Such power in your words!
- [Visual Notes.pdf](#) from the session shared by PYE facilitator, Christopher Malapitan
- [Tara Brach Meditation](#) - RAIN (Recognizing, Allowing, Investigating, Nurturing)

Workshop music playlist

- Águas de Março- Antônio Carlos Jobim
- Lovely Day- Bill Withers
- Onthou- Ever So Blue
- Folk Vibe 1- Tananas