



SOUL PRIORITY

EVERYDAY WELLBEING

An 8-session online wellbeing programme led by Occupational Therapist Michelle Claire Knowles.

WEDNESDAYS

6-7 PM

ONLINE

£260

JOIN ANY POINT

Wellbeing that fits real life.

Practical support for the way you actually live - your routines, energy, stress, rest, relationships and the activities that give your life meaning.

WHY THIS GROUP WAS STARTED

Wellbeing advice can often feel generic, difficult to maintain, or disconnected from everyday life. This group was created to offer a practical alternative: a welcoming space where people can pause, understand what is happening in their daily lives, and turn wellbeing ideas into small changes that are realistic for them.

JOIN FROM WHEREVER YOU ARE



Wednesday evenings, 6-7 pm, online. The virtual format means you can take part from home and removes the need to travel.

WHO IS IT FOR?

For adults from any background who want to feel more balanced, supported and intentional in everyday life. You do not need a diagnosis or referral. The programme is general and inclusive rather than focused on one condition.

WHAT COULD YOU GAIN?



UNDERSTANDING

Notice patterns in your energy, routines, stress and wellbeing.



TOOLS

Build practical strategies for pacing, regulation, rest and daily structure.



CONNECTION

Share a supportive space and learn from other people's perspectives.



DIRECTION

Identify what matters to you and leave with realistic next steps.

YOUR 8-SESSION JOURNEY

The programme runs as a continuous eight-theme cycle. Every session is designed to stand alone, so you can begin at any point and still work through the full programme over eight consecutive Wednesdays.



1 Wellbeing & My Life

Take stock, recognise what supports you and choose one realistic area for change.



2 Routines & Rhythm

Explore habits, structure and flexible routines that support everyday life.



3 Energy & Pacing

Understand energy patterns, recognise overload and practise sustainable pacing.



4 Stress & Regulation

Notice stress signals and build a personalised grounding and regulation toolkit.



5 Meaningful Activity

Reconnect with activities that bring pleasure, purpose, achievement and identity.



6 Connection & Boundaries

Explore support, relationships, saying no and protecting your time and energy.



7 Sleep, Rest & Recovery

Consider winding down, restorative rest and habits that can support recovery.



8 Balance & Moving Forward

Bring your learning together and create a personal plan for sustainable wellbeing.

A TYPICAL WEDNESDAY EVENING

1

CHECK IN

Arrive and settle

2

EXPLORE

Short teaching

3

TRY

Practical activity

4

REFLECT

Group discussion

5

TAKE AWAY

One small experiment

PROGRAMME DETAILS

£260

8 weekly online sessions

Wednesdays • 6-7 pm

Rolling entry

Start at any point

THE GROUP SPACE

- Sharing is always optional
- No diagnosis or referral needed
- Practical, interactive sessions
- Respectful group agreement
- Brief registration before joining

MAKE YOUR WELLBEING A PRIORITY

Get in touch to ask a question, discuss whether the group is right for you, or reserve a place.

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