

THRIVORSHIP WELLBEING CIRCLE

A 4-WEEK MINI-SERIES

This four-week introduction series offers participants practical strategies for tapping into and nurturing growth using evidence-based practices proven to contribute to thriving physically, mentally and emotionally.



WEEKLY LIVE
INSTRUCTOR-LED
TOPIC DISCUSSIONS



EXPERIENTIAL LEARNING
IN CLASS WITH AT HOME
PRACTICE INVITATIONS



PRIVATE
COMMUNITY FORUM



CHECK-INS TO WITNESS
YOUR OWN PROGRESS

LEARNING OBJECTIVES

- Understand the portals of growth available to effect positive change
- Engage in exercises and activities to enhance the ability to respond to life from a place of self-agency
- Apply positive and social psychology to personal life and increase self-understanding
- Join a supportive community to help sustain the change you wish to make

Students are invited to learn about and experience the latest research in the areas of relationships, body connection, habits, meaning and purpose, gratitude, personal strength, sexuality, emotions, and new possibilities. Weekly live sessions offer open discussion as well as simple, life changing techniques to make long-lasting shifts towards better health and well-being. There will be ample opportunity for students to observe a measure of their own growth along the way.

week
1

DISCOVER THE PORTALS OF GROWTH AND THRIVORSHIP

Understanding the Power of Emotions
Learning the Elements of Post-Traumatic Growth
Practice #1: Growth Wheel | Practice #2: Before and After

week
3

REDISCOVER THIS NEW BODY

Practice #6: My Body Map | Habit Forming
Practice #7: Just 5% | Practice #8: Baseline
Into Me You See - Sex After Cancer

week
2

EXPERIENCE THE POWER OF SOCIAL CONNECTION

Practice #3: My Circle of Influence | Identifying Personal Strengths
Practice #4: Health Plan Template | Practice #5: Super You
Cancer Off-Boarding Support Process

week
4

TAP INTO COMPASSION AND PASSION

Practice #9: The Gratitude Sandwich | Meaning & Purpose
Practice #10: These 10 Things | My Life Possibilities
Practice #11: The Future Self

REGISTER TODAY

www.carvedbycancer.com

SESSIONS

SESSION A: MON 10AM-12PM
SESSION B: WED 6-8PM
SESSION C: SAT 8-10 AM

*Sessions begin every 1st week of the month

MORE INFO

www.kathywashburn.net
www.carvedbycancer.com

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On Instagram
[@kathywashburndotnet](https://www.instagram.com/kathywashburndotnet)

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IN THESE BODIES WE WILL LIVE, IN THESE BODIES WE WILL DIE
AND WHERE YOU INVEST YOUR LOVE, YOU INVEST YOUR LIFE

- Mumford and Sons

MEET KATHY

Founder of Carved by Cancer, Inc.

Kathy Washburn is a cancer thrivivor and life coach who works with individuals who are currently navigating life's most challenging transitions. In this second career, her education and interest in positive psychology, post-traumatic growth, and narrative therapy combine to form her unique approach to personal and professional coaching. During her own cancer journey, Kathy identified a severe gap in out-patient needs and has since founded Carved by Cancer™ – a support network for cancer survivors. You can find out more about Kathy and her work by visiting www.kathywashburn.net.

