

## **Wellbeing Workshops SESSION 4**

### **\* HOW OBEDIENCE HELPS WITH WELLBEING 1**

#### **ATTENDEES DO SOME HANDS ON TRAINING**

**INTRODUCTION – Recall last week's discussion: The importance of choice and control in our lives for Wellbeing.**

**STARTER – Everyone to discuss how much choice & control they have in their life. How can you get more? How good is it to have people work with you as a team? In honour preferring one another.**

**Activity 1 - Discuss all the things we can get the dog to do already (sit, lie down, stand, play, walk on a loose lead, touch, focus on you, recall, stop what it's doing). Stay in one place for 1-2 minutes. How is this good for wellbeing (for you & the dog)?**

**Activity 2 - Food Manners – how can this help if you have problems with food or eating on your own? Sending the Dog to bed – when might this be useful? How important is sleep for the dog's behaviour.**

**Activity 3 - Centering Therapy – This has enough power to light up the whole world so it can change your world completely. Do a few minutes if everyone wants to. How humility grows with recharging your batteries & reflecting on your life. How the more humble you are the less humiliated you are by life's challenges. Are we humble enough to learn and do what someone else asks us**

**Plenary & Feedback – Reflect on how it felt when the dog did what you asked? How could this help to improve your life?**