

A TEALBERRY HOUSE SERIES

An Evening of Reflection & Creativity

EVENT TOPIC

Managing Your Inner State

How we feel on the inside shapes how we respond on the outside. In this workshop, you'll explore what happens when you're overwhelmed - and learn simple, practical ways to come back to center and reconnect with the calm, grounded part of yourself.

WHAT TO EXPECT

- A guided, interactive talk to familiarise yourself with your inner state
- Practical tools to shift from reactivity to resourcefulness
- A creative pottery-painting session to anchor your resourceful state
- A personal piece to take home as a grounding reminder - once it's been fired in the kiln. It will be there for you to pick up within a few days.

WHERE

The Toca, Carcavelos

COST

€35 including all materials

WHEN

Monday, 13 October

18h to 20h



Facilitated by Nimet Rener - TealBerry House

Coach, trainer, consultant and founder of TealBerry House, Nimet brings a warm, person-centered approach to supporting people through transition and complexity, drawing on Emotional Intelligence, NLP and deep life experience.

tealberryhouse.com

Partnering with The Toca Books & Ceramics

The Toca is a mixed-use space including a pottery painting studio, a ceramics atelier and a bookstore, designed to encourage our guests to slow down, embrace their creativity and have fun.

the-toca.com



RSVP



OR CLICK HERE TO RSVP