

Dialogue for Wellbeing

An immersive and practical experience that explores whole person connectivity where the focus is on leveraging mental and emotional connections. Discover the importance of holding agency, empowerment and adopting a courageous mindset to sustain positive, energy-fuelled, authentic interactions.



Workshop Topics:

- The Whole Person
Explore how Physical, Emotional and Health Elements impact us in a range of circumstances.
- Holding Agency
Allowing individuals to hold a sense of control in their environment and step into a courageous mindset.
- Self-Empowerment™ Framework
a practical action plan to support healthy mental and emotional connections.

Workshop Logistics:

- Dialogue in the Dark™ workshops are powerful half-day immersive experiences comprising of individual and team activities conducted in complete darkness.
- Location - workshops are conducted at an East Melbourne location, easily accessible via train or tram.
- 10-30 participants per session to optimise learning. Multiple sessions can be run on the same day for larger groups.
- Health and Safety - all materials and surfaces are disinfected prior to each session.

Your Facilitators

Each Dialogue in the Dark workshop has a combination of a lead Facilitator and Lived Experience Facilitators.

Our Lived Experience facilitators are blind or have low vision, and are experts in non-visual perception, creating an atmosphere of authenticity, empathy and openness.

We maintain a 1:10 ratio of Facilitators to Participants.



are you ready to challenge darkness?

How to book:

Email dialogueinthedark@theculturegroup.com.au or

Nadine 0419 569 112 | Joanna 0407 096 400 | Louise 0407 551 039

We look forward to working with you.

Guide Dogs Australia is our charity partner.
If you'd like to make a donation as part of workshop booking, you can opt for a \$100, \$200 or donation which can be included in your fee.

powered by THE *culture* GROUP

E: dialogueinthedark@theculturegroup.com.au

W: theculturegroup.com.au/dialogue-in-the-dark

