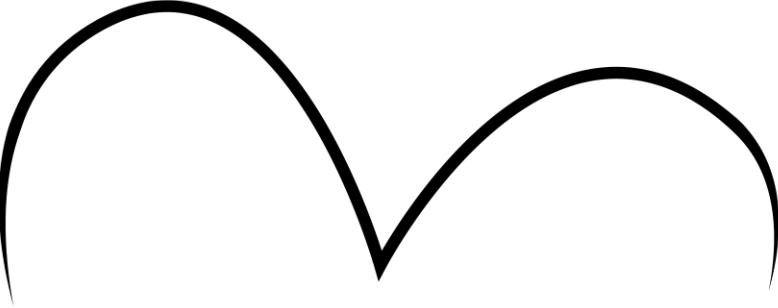
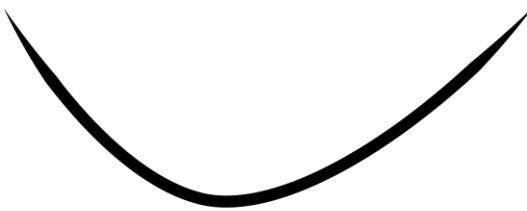


*Vivre à coup de cœur*

Stephanie Laprise



**SERVICES  
CATALOGUE**



# Introduction

I am a social work counselor since 1997 and I have been offering workshops and conferences since 2006. I work in collaboration with many organizations and institutions. I aim to promote people's and work team's well-being and mental health. It is with great pleasure that I share my Services catalogue with you. Over the following pages, you will see the different workshops, training sessions, support groups, conferences, and services that I offer.

My expertise is within social intervention realms, in individual and group settings, such as clinical supervision, leading conferences, workshops and training sessions for both small and large groups, in the community as well as private and institutional settings. I also accompany people and work teams during periods of instability and during changes within their personal and professional lives.

I excel at bringing people together and easily connect with others. I am responsible, autonomous, reliable, organized, dynamic, versatile and Zen. Contact me if you wish to combine creativity and efficiency. It will be a great pleasure to collaborate with you, for the well-being of everyone!

## Core values

- Benevolence, Authenticity, Efficiency, Respect and Creativity -

## Mission statement

Vivre à coup de cœur is a social vocation enterprise whose mission is to promote well-being, mental health and empowerment to all people so that they can build a life that resembles them.

## Approach

With the themes, theories and the knowledge I share, I aim to offer a bit of hope, remind everyone of the importance of knowing and taking care of oneself for our well-being and to fully appreciate life!  
I accompany people in learning through self-discovery and self-acceptance.

## What makes Vivre à coup de cœur stand out

I am happy to adapt the format of my workshops and training sessions to your needs (in person or online, duration, English / French). Also, I favour a fair approach and propose fees that take into account the resources and challenges of non-profit organizations. Ask me about non-profit organization prices!

*Creating possibilities, a partner in your well-being!*



## Training sessions

How to deal with change	Page 5
Follow your heart	Page 5
Overcoming feelings of helplessness	Page 5
Conscious communication for healthy relationships	Page 6
Ready-to-act training for care-givers	Page 6
Ready to act training for friendly visit / friendship call volunteers	Page 6
A moment for yourself	Page 6
Working together	Page 7
Recognizing and reacting to psychological manipulation	Page 7
Ethics and confidentiality	Page 7

## Workshops

Who am I ?	Page 8
Mandala Magik	Page 8
Project Zenitude	Page 8
Remin'Essence !	Page 9
The perfectly imperfect mother	Page 9
Letting go with the help of little stick figures	Page 9
Self-knowledge, Self-Esteem, Self-Confidence and Self-Affirmation	Page 9
Jung archetypes and their meaning in daily life	Page 10
Prepare for the new year now	Page 10

## Support groups

Time for a break	Page 11
A grieving heart	Page 11
Stress management	Page 11
Writing group	Page 11

## Conferences

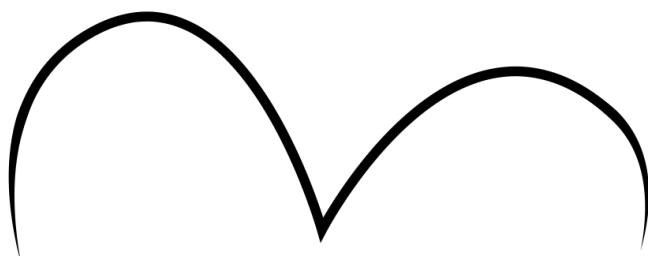
How to self-analyse your dreams?	Page 12
Listen to your body, it's talking to you	Page 12
Stress management	Page 12
Life balance and remote working	Page 13
Mental gymnastics in a crisis situation	Page 13
Mental health benefits of rituals	Page 13
Navigating through moments of transition	Page 13
Christmas, alone	Page 14
We reap as we sow	Page 14
Distress prevention	Page 14
Support for the bereaved : The grieving heart	Page 14
Accepting ourselves in all our facets	Page 15
Creating a healing and relaxing retreat at home	Page 15
All procrastinators!	Page 15
Survival of the heart-based company	Page 15

## Services

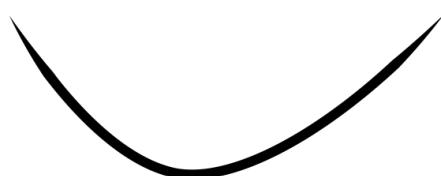
Between friends: Groups at home	Page 16
Counseling – Individual consultations	Page 16
Counseling – Post-training	Page 16
Counseling – Human Ressources	Page 16
Counseling – Animation	Page 16
Soutien-conseil - Rédaction	Page 16

## What makes Vivre à coup de cœur stand out

Page 17



Possibility of creating training sessions, workshops and conferences on demand : contact me!



Contact-me for more information or to book an appointment :

Stephanie Laprise | Instructor | Speaker | Social service worker

Website : [www.vivreacoupdecoeur.ca](http://www.vivreacoupdecoeur.ca)

Email : [vivreacoupdecoeur@gmail.com](mailto:vivreacoupdecoeur@gmail.com)

Community : [www.facebook.com/VivreACoupDeCoeur](https://www.facebook.com/VivreACoupDeCoeur)

Group : [www.facebook.com/groups/SelfCarePrendreSoinDeSoi](https://www.facebook.com/groups/SelfCarePrendreSoinDeSoi)

Videos : [https://www.youtube.com/channel/UC3EVTrtBn8s8\\_CsKeyGkq2A](https://www.youtube.com/channel/UC3EVTrtBn8s8_CsKeyGkq2A)

To know more about my career path : <https://www.linkedin.com/in/stephanielaprise/>

# Training sessions

Taking part in a training session offered by Vivre à coup de Coeur promises a safe and warm place where you will be accompanied, equipped, motivated and supported during your discovery and self-acceptance journey. You can then target goals for the future while working in the here and now, in all authenticity.

## How to deal with change

Epictetus once said, “Have the wisdom to know what cannot be changed, and the strength to change what can”. With this training session, you will develop your ability to adapt when an unexpected event occurs, and a change is needed. You will observe how your personal values underlie all your choices and actions. You will discover the benefits of taking stock of the different spheres of your life in order to define the changes you want to make and increase your well-being and the degree of satisfaction in your daily life.



## Follow your heart

Are you thinking of making a decision that could cause concern or misunderstanding for the people around you? Have you made decisions in your life that seemed frivolous, insane, unruly? Have you ever given up safety, routine, what is known? Have you ever enthusiastically followed your heart even though your head was panicking? Do you want to experience all the colours life has to offer and not just the “safe” shades of grey? Madness, courage? Welcome to those who believe that it takes one to manifest the other and who want to build a life that resembles yourself now!

## Overcoming feelings of helplessness

Compassion fatigue is a burnout that affects people who live with and accompany people whose history is marked by human suffering. The listening, day after day, of moving stories quietly exhausts the vital energy of the listener. Physical, mental, emotional, and psychological balance can then become disrupted. The participant will learn how to recognize a variety of personal, interpersonal, and professional issues that lead to compassion fatigue and will discover the protective factors for maintaining mental health.



## Conscious communication for healthy relationships

Talking is a basic need. It is necessary to be able to assert oneself, to express who we are and what we need as well as what suits us or not, according to our values and the philosophy of life that drives us. Listening is an art. To really listen, without judgment, without giving one's opinion, without giving in to one's emotions or rationalizations, can be learned. Then, it is practiced. Quality communication is one of the greatest gifts we can offer. It requires practice, tact, intention and openness. Here you'll learn the basics of conscious communication, for your well-being and the betterment of your relationships.



### Ready-to-act training for care-givers

This ready-to-use and tailor-made training provides caregivers with tools in their support roles and in the context of their functions within non-profit organizations.



### Ready-to-act training for friendly visite / friendship call volunteers

This ready-to-use and tailor-made training provides tools for volunteers involved in visit and friendship call services of non-profit organizations.

## A moment for yourself

Self-care refers to any intentional action taken to take care of one's physical, mental, emotional, and spiritual health. Taking time for yourself can be a challenge, given the hectic pace of the life we live. We often feel guilty for taking time to offer precious moments to ourselves. Sharing these moments when we do manage to take care of ourselves is a very positive experience. To take time for oneself is intentional; it does not happen "by accident". The choice to make yourself a priority for a moment is the best health guarantee.





## Working together

Every work team is made up of people who do not only have distinct roles within their workplace but also, and most importantly, different personalities. This training session will allow you to observe the specifics of each person in his way of being and working. Thus, it will be possible to predict the attitudes, the approach and philosophy to be favoured to create a daily collaboration of self-respect, respect of others, all in good humour and efficiency.

## Recognizing and reacting to psychological manipulation

What is manipulation? It is an insidious action that can be observed by behaviors and attitudes and can be experienced in all spheres of our lives. This training session will help you recognize psychological manipulation and its effects on you. I will help you find solutions to maintain good mental health and a healthy sense of being in your personal and professional life.



## Éthics and confidentiality

During this training session, you will learn about the context and purpose of a code of ethics and of a privacy policy, as well as the intricacies in the law of disclosure of information. You will learn how to use all the information that is transmitted to you on a daily basis, and you will develop strategies that respect the law, the code of ethics and the confidentiality policy of your organization. This training session is a must for work teams and volunteers working in non-profit organisations in Quebec.

# Workshops

Meeting people every week creates a sense of belonging, promotes self-esteem, and helps to combat feelings of isolation. Vivre à coup de cœur offers a series of workshops over several weeks! Various topics are discussed. What is common to each group? The feeling of conviviality, complicity, and well-being that reigns! Whether you are introverted or extraverted: there is a group for you!

## Who am I ?

Self-knowledge and the reflections generated from it makes this workshop an excellent “personal check-up” activity. Through the playfulness of various quizzes and personality tests, you will be able to answer questions such as: Am I a role model for others? What are my values? Am I patient? Tolerant? Easily influenced? Possessive? What are my abilities? By cumulating results, often a pattern is created... Here you will find some helpful themes to explore to know yourself better!



## Mandala Magik

Mandalas have become a popular and effective way to promote concentration, relaxation, growth, and self-awareness. It is also a privileged way to counter stress, to learn to slow down and to reconnect with the present moment. During these workshops, you will also learn the history of mandalas, its benefits, and its functioning. You will even learn how to create your very own mandala! Join this group to enjoy the treasures of this activity that bring both pleasure and well-being.

## Project Zenitude

With the busy lives we lead, it is sometimes difficult to find 20 minutes a day to relax. Since relaxation is without a doubt a guarantee of health and well-being, this two-hour workshop will help you create a habit of daily relaxation. The tools and relaxation techniques presented during the sessions will allow you to try various ways of relaxing, which you can then adapt according to your preferences.





## Remin'Essence !

Here is an opportunity to remember and share our beautiful life experiences. As part of this activity, different themes will be proposed to initiate discussion: music, photos, images, various objects, costumes, newspaper articles, events... You will see how adopting a practice of positive nostalgia can be beneficial for your present state of mind. The best way to keep beautiful memories alive is to talk about them – you might take a liking to it!

## The perfectly imperfect mother !

During this workshop, you will discover how the “judgement-advice” cycle works and how it brings forth “shame-doubt” every time. You will learn how to prevent this cycle and remedy the frustrations that are associated with it. We will also work together to deconstruct the unrealistic expectations that undermine your life to allow you to gradually regain confidence in yourself, in your abilities and in your judgement. Finally, I will propose useful tools to help you act from a position of power in your own life.



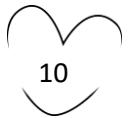
## Letting go with the help of little stick figures

This is a workshop which promotes detachment from certain situations, expectations, or addictions harmful to your well-being using the technique of letting go made popular by Jacques Martel. This technique will be explained to understand its functioning and effects, and then practiced in different contexts (regarding both people and stressful situations).

## Self-Knowledge, Self-Esteem, Self-Confidence and Self-Affirmation

The elements mentioned in the title are essential and necessary as protective factors regarding a feeling of well-being, good mental health, and harmonious and healthy relationships. Often, I have been asked "but how does one develop these important aspects?" Here is a series of workshops that will help you work at and solidify your self-knowledge, self-esteem, and self-confidence. I will gladly accompany you in this adventure towards life balance!





## Jung archetypes and their meaning in daily life

Have you ever wondered why you are drawn to certain people, ideas, places and often uninterested or irritated by others? Archetypes are part of Jungian symbolism and are universal patterns of behaviour that, once discovered, can help you to better understand yourself and your perception of the world. Learning about archetypes and seeing which ones are activated in your life can help you understand psychological states, attitudes, and behaviours in your daily life. In this workshop, we will explore the archetypes and determine which ones are at play to enhance understanding and overall well-being.



## Prepare for the new year, now!

The new year is upon us! Did you know that December is the perfect month for transition? Come and discover why it is important to ensure a transition between the current year and the year to come and how to make this beneficial annual transition. I will give you food for thought and ideas for concrete actions to help you take stock and clean up at the end of the year in order to better welcome the surprises that the new year has to offer!

### REMINDER

*The topics mentioned in each category can be offered in all formats (conferences, workshops over several weeks, training, in French and in English, online or in person)*

*I also offer the possibility of creating a tailor-made activity for you – always in line with my expertise in areas of well-being and mental health.*

*Contact me for references or to prepare an activity according to your needs.  
(Remember the existence of the flexible fee chart for non-profits!)*



# Support groups

These support groups are available over 10-12 weeks and are a safe place where you can share and discuss on topics that matter to you and impact your life. You will be accompanied by an experienced and caring social work counselor, always according to your preferred pace. The groups are small in order to promote space for everyone. A telephone interview will be held beforehand to discuss what your expectations and needs are.

## Time for a break

You are off work. The verdict: burnout. What to do? Sign up for this support group and discover the gift that is hidden in this burnout. Be prepared to reconnect with your dreams and hopes and to take advantage of this time to relax and to prepare for the future at your own pace. You will also learn how to detect the warning signs and identify distress signals prior to burnout to prevent it from happening in the future. It is possible to use your burnout for growth, which will help a lot, now and later!

## A grieving heart

This support group is dedicated to bereaved people who are experiencing recent or prior bereavement. This series of 12 sessions will support you when a significant person dies, and the absence creates a heavy void. The support of a group often makes a big difference. Readings and exercises to help you walk through your grief, one step at a time, will be suggested. You will be guided through the stages of mourning to pass through this difficult time in the most serene way possible.

## Stress management

Stress is useful; it is an important warning signal that makes us understand that a situation has become unsustainable. When stress occurs, there are ways to deal with it and manage it in an effective manner. This group will help you better understand the function and meaning of stress and to find ways to manage it daily.

## Writing group

Through active participation in this group, you will learn to get to know yourself as well as to recognize and use the wisdom within you. Through spontaneous writing exercises, you will dive inside yourself to find treasures of information, intuition, and well-being. You will be accompanied during this process of personal discovery and of recovery of your personal power over several weeks.

# Conferences

Conferences are an ideal format to explore relevant, interesting and important topics for well-being and mental health. Whether you opt for 60 or 90 minutes, the exchanges, reflections and concrete exercises will bring benefits that will be useful on a daily basis.

## How to self-analyse your dreams?

It has been nearly 30 years since I last used books that predict the meaning of dreams. When you attend this conference, you will understand why and you will learn how to analyze your dreams yourself, with confidence! Our unconscious works hard, and it works for us: learning to decipher it is truly a beneficial adventure!

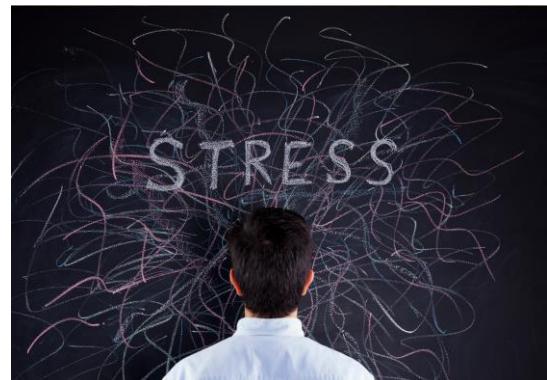


## Listen to your body, it's talking to you

Our body is a sophisticated vehicle that is in constant communication with us. Sometimes it can be hard to understand its messages, though. In this conference, we will see how to better understand and listen to our body and we will learn to recognize its warning signals in order to react better. We will learn how to listen to our body when it whispers, so it doesn't need to scream.

## Stress management

To welcome the present moment is to adapt. To adapt is to live! For most people, stress is a catch-all word that describes any feeling of unease or nervousness. Yet stress is a well-defined biological reaction that differs from anxiety and nervousness. This conference will open the discussion on what stress is and what it is not as well as ways to deal with it on a daily basis.



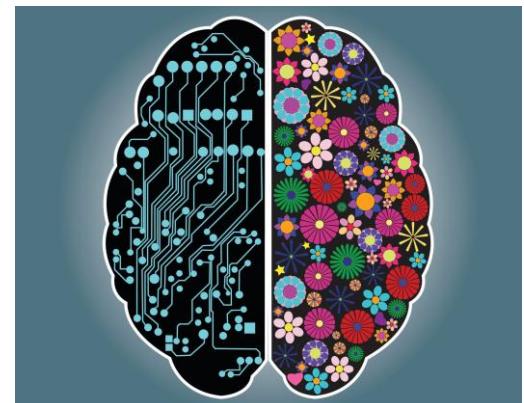


## Life balance and remote working

Remote working involves achieving the goals for which you were hired, while working from home with all the distractions that entails, 24 hours a day. We can't just talk about work, measures for the balance of "Family – Work – Physical activity – Mental health" have always been necessary, and even more so since the pandemic, in particular.

## Mental gymnastics in a crisis situation

Our brain is not the enemy and we are not at its mercy. During this fun conference, you will learn how your brain works and how you can practice real mental gymnastics that will allow you to face challenges with less anxiety and more serenity.



## Mental health benefits of rituals

Whether it's the little morning routine, the request to St-Antoine-de-Padoue to find your keys or whether it's your lucky sweater, rituals have a special place in the well-being toolbox. Whether they are repeated from generation to generation or whether they are an original idea, there is no coincidence. Here, we will explore the place of rituals in our lives, their reasons for being and their beneficial effects.



## Navigating through moments of transition

Moments of transition are often uncomfortable. One foot in and one foot out, in one situation while waiting for another, wanting to leave but not right away, wanting to go but later... Transitions are a must. During this conference, we will discuss ways to better get through these moments and how we can even use them to improve our lives!



## Christmas, alone

The holiday season has arrived and for many, it is a festive time. But it's not like that for everyone. I don't want to be a killjoy, but I want us to remember the existence of people for whom Christmas and the holiday season is difficult. There are people who are alone. This conference offers ways that we can still have a good time during this time, even when alone.

## We reap as we sow

What type of farmer are we? How do we perceive the field of possibilities, and how does it influence our beliefs about life, about others, about ourselves? Are we really aware of what we sow in the fertile ground of our Being? And is the grass greener next door? There are plenty of great thoughts and discussions for you here, in this conference



## Distress prevention

You are going through a moment of intense stress, you are exhausted. You are close to someone who is not well. You feel awkward, ill-equipped to talk about your condition. You feel awkward, ill-equipped to listen to someone talk about their condition. In this conference, I share with you some information from my work with people in distress and their loved ones in the past 25 years.

## Support for the bereaved : The grieving heart

Each person experiences grief in their own way. However, some particular stages can be discerned. One of the important elements is to talk about it, and talk about it, and talk about it again. A lifetime of memories does not end in a few months or a few years. How to listen to a bereaved person and what are the attitudes and behaviors to avoid to truly accompany a loved one through their grief?





## Accepting ourselves in all our facets

We are much more than the labels and identifiers we imagine. What if we welcomed all the facets that make us who we are, to fully incarnate and be all that we are? Authenticity and benevolence, living a life consistent with one's deep values, is possible. We can recognize, welcome and radiate all parts of ourselves in their uniqueness, for our happiness and that of others!

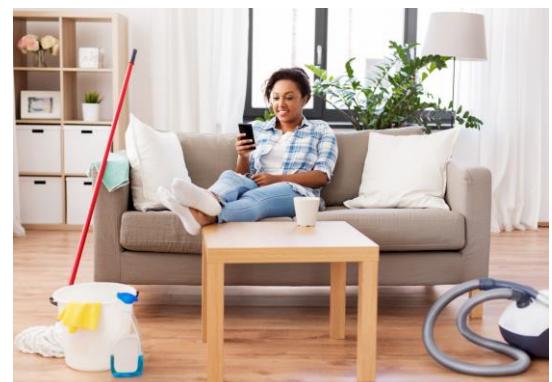


## Creating a healing and relaxing retreat at home

If, for you, recharging your batteries means going somewhere by car or plane, or a massage therapy or spa appointment, the perceived obstacles might hold you back. If we get out of the mindset that says that only certain activities or certain places are the only options for healing or relaxing, we can be creative and allow ourselves moments of home healing that cost nothing or next to nothing.

## All procrastinators!

20% of people identify themselves as chronic procrastinators. If I told you that the remaining 80% are also procrastinators, what would you say? This conference addresses the fact that we are all procrastinators and offers tools and reflections to help us deal with it on a daily basis.



## Survival of the heart-based company

"The secret of change is to focus all your energy, not on fighting the old, but on building the new" - Socrates. Instead of asking the question "how can we continue to do what we are doing?" I suggest we rather reflect on "How will we do what we do in a different world, starting today?"

# Services

## Between friends : Group sessions

Choose the theme of a training session or workshop that is in this catalogue, choose the length of the activity, invite 4 to 12 people and I will meet your group in your home.

Price per person or group.

## Counseling – individual consultations

I will accompany you, in person or online, in connection with everything related to self-knowledge, the maintenance or improvement of your self-esteem, the maintenance of your mental health and your well-being as well as the management of change, stress. I can help you in the preparation and realization of your transition rituals and in the preparation of your most cherished projects and dreams. I accompany you in assertiveness, through various bereavements and for everything related to your needs in organization and time management. I am also an end-of-life support worker (grieving / palliative care).

## Counseling - Post-training

Have you attended a training session or workshop with me? Do you need support or advice to integrate and use what you learned in your daily life? I will be happy to accompany you, by appointment, in person or online. // Individual or Group //

## Counseling - Human Resources

- Team support and personalized support
- Help with the hiring process
- Volunteer Resource Management
- Implementation of new employee integration process
- Implementation of prevention systems and HR management tools
- Conflict resolution

## Counseling - Animation

- Preparation and leading meetings
- Preparation and leading strategic planning sessions
- Leading an Annual General Assembly
- Clinical Coaching for volunteers
- Preparation and leading recognition and group belonging activities.
- Team building activities
- Well-being themed outings

## Counseling – drafting documents

- Confidentiality policy
- Code of ethics
- Volunteer Management Policy
- Job descriptions
- Annual Activity Report
- Articles
- Facebook and LinkedIn

# What makes Vivre à coup de cœur stand out

Having worked in community service since 1997, I founded Vivre à coup de cœur using the SOCIAL enterprise model.

According to the *Institut du Nouveau Monde* (organization that promotes the citizen implication movement) a social entrepreneur:

- ♥ Identifies social problems or social needs in the community ;
- ♥ Brings forth pragmatic and innovative solutions for social transformation and change ;
- ♥ Uses entrepreneurial principles to create and manage an organization that offers these solutions ;
- ♥ Demonstrates indisputable ethical sense ;
- ♥ Works in collaboration with, and involves the community in its projects ;
- ♥ Shares experiences in order to keep information flowing to ensure the transfer of knowledge ;
- ♥ Demonstrates exemplary leadership ;
- ♥ Achieves results with sustainable social benefits in the community.

A social entrepreneur is an entrepreneur who has the passion and the desire to create a company that allows both to create work with a living wage while meeting social needs and effecting change.

**Contact me for more information or to book an appointment:**

Stephanie Laprise | Well-being facilitator | Speaker | Social work counselor

Website : [www.vivreacoupdecoeur.ca](http://www.vivreacoupdecoeur.ca)

Email : [vivreacoupdecoeur@gmail.com](mailto:vivreacoupdecoeur@gmail.com)

Community: [www.facebook.com/VivreACoupDeCoeur](https://www.facebook.com/VivreACoupDeCoeur)

Group : [www.facebook.com/groups/SelfCarePrendreSoinDeSoi](https://www.facebook.com/groups/SelfCarePrendreSoinDeSoi)

Videos : [https://www.youtube.com/channel/UC3EVTrtBn8s8\\_CsKeyGkq2A](https://www.youtube.com/channel/UC3EVTrtBn8s8_CsKeyGkq2A)

To know more about my career path : <https://www.linkedin.com/in/stephanielaprise/>

*This is the approach you choose when you choose Vivre à coup de cœur !*