

Be Well, On Purpose.



ABOUT THIS WORKSHOP

Cultivate positive thinking patterns and integrate gratitude into daily life.

- Participate in a live experiential workshop
- Receive workshop recording and resources
- Access to monthly mindfulness challenge
- Reflect through journal prompts
- Use Infographic for ongoing learning

JUNE 4, 2025

3:30-4:30 P.M.

[REGISTER HERE](#)

GABRIELLE GONZALEZ, LMFT

Mindful Revamp, Inc. | EASE Therapist

Gabrielle Gonzalez is a licensed marriage and family therapist dedicated to integrating mindfulness and somatic therapy into her practice. With a passion for educating individuals on the brain science behind mental health struggles, she equips clients with practical skills to manage stress and anxiety. Committed to guiding those who have faced challenging life experiences, she empowers them to rediscover their happiness through mindfulness-based skills and embodiment techniques and she looks forward to empowering you too!



Learning

The Power of Thought: Explore how positive thoughts can influence your body's sense of safety and well-being.

Self-Soothe, Then Think: Learn the importance of self-soothing before engaging in problem-solving or analytical thinking.

Routinely Think on Purpose: Create a guide for purposeful thinking, incorporating acceptance, affirmations, grace, and gentle self-talk.

Practice Gratitude (Pro-actively and Re-actively): Discover the benefits of gratitude and practice both proactive and reactive gratitude routines to support ongoing mental wellness.