



The Art of Gentle Chaos Management

Instructor:

Professor Jovial Jumble

Location:

Harrogate

Course Type:

Wellness

Cost:

£75.00

Learning Objectives

- Master the skills of creative problem-solving through playful exercises.
- Learn to embrace and manage unexpected situations with grace and humour.
- Develop techniques to reduce stress and increase joy in everyday life.
- Cultivate an appreciation for serendipity and the unexpected adventures it brings.
- Enhance interpersonal skills through humorous and light-hearted group activities.

Provided Materials

- A Chaos Toolkit (includes a spinning top of decisions, random thought cards, and a tiny bubble blower)
- Notebook for capturing spontaneous ideas
- Colourful juggling balls
- A 'gentle chaos' handbook

- Tea and biscuits for the refreshment break

Skills Developed

Stress Management

Creative Problem Solving

Interpersonal Skills

Mindfulness

Positive Thinking

Course Description

Jump into a delightful world where chaos isn't just a force of mayhem but a source of joy and creativity! In 'The Art of Gentle Chaos Management,' Professor Jovial Jumble will guide you through a journey of embracing the unexpected with open arms and a big smile. This class is perfect for those wanting to infuse their daily routines with a healthy dose of whimsy and spontaneity. Throughout the session, participants will engage in a series of playful exercises designed to challenge traditional thinking and encourage fresh perspectives. From juggling colourful balls to stimulate brain function and hand-eye coordination, to using a spinning top of decisions to tackle real-life dilemmas, students will learn how to turn potential stressors into opportunities for fun and innovation. You will also explore the use of random thought cards to spark new ideas and solve problems creatively, all while practising mindfulness through the gentle art of bubble blowing. Each activity is carefully curated to develop your ability to remain calm and resourceful, even in the midst of chaos. This class not only adds a spark to your daily life but also builds resilience and enhances your ability to navigate the unpredictable world with a light heart and a playful mind. Come ready to laugh, learn, and leave with a new perspective on life's little messes!