



# JUGAR LIFE WORKSHOPS

At Jugar Life, we recognise the direct correlation between creative, spontaneous play and happiness. We believe there are four key pillars to a happy and fulfilled life, the daily practice of **play, movement, gratitude** and **kindness**. Our Jugar Life Workshops are designed around these four pillars, with the goal to generate fun, laughter and positive human connections for all involved. We provide a series of programs to cater for all age groups, including primary school students, high school students, teachers, parents and corporate or blue-collar workplaces.

Designed for all ages, our workshops provide the tools to increase focus, manage the daily stressors of life, and energise and engage your workplace or school class. By adopting the Jugar Life principles, supported by our free app, Daily Mission Cards and workshops, participants will improve their general well-being and increase their overall happiness.

With increasingly stressful lives, adopting the Jugar Life daily practice, enables everyone to embrace their inner child through play and movement and to be thankful for the small things in life through the daily practice of gratitude and kindness. Following the Jugar Life way, helps promote positive behavioural change to enable you to start living your best 'Jugar' life.



## WORKSHOP FOCUS

Active learners are healthy learners, and play is central to learning for children and adults. Our Jugar Life workshops are for anyone who is looking to improve their outlook on life. Participants will explore learning experiences that integrate mental health and wellness into the classroom, workplace and everyday life. This workshop helps individuals of all ages bring mindfulness, gratitude, joy and social connection into their daily lives.



Jugar Life  
provides  
the  
ultimate  
professional  
development experience

## ABOUT OUR CREATOR

Dale Sidebottom has been referred to as the energiser bunny of the presenting world. With his love of play, fun fitness, energy and passion for getting people moving, Dale is the creator of Jugar Life, Energetic Education, Fitness Games Zone, 30 plus mobile movement apps as well as the top rating podcast Energetic Radio. Dale has created a unique blend of fun, play, teamwork, wellness and movement into his keynotes, seminars and conferences which he has presented in over 20 countries around the world.



## INQUIRES

As mentioned above, Dale travels the globe running workshops, seminars and keynotes around the benefits of the Jugar Life way and the power it can have in schools, workplaces and everyday life. Our workshops range from one hour to a two-day conference, as we can design specific outcomes for different organisations. If you would like to discuss the possibilities of a workshop in the future, please email us at [team@jugar.life](mailto:team@jugar.life)

## TESTIMONIALS

“Spending half a day with Dale is akin to the feeling you get an extra pump of chocolate sauce on your sundae. The most positively infectious person I’ve ever met. He didn’t stop smiling for 4 hours straight whilst being challenging at the same time”.

**Laynton Allen – Managing Director, KidsCo Australia**

“Loved it. Great content and highly motivating for myself and the rest of the staff. I will be recommending this to other workplaces for sure”.

**Jake Carey – Teaching in Hong Kong**

“Very fun, engaging and hands on. Dale was very enthusiastic and had lots of brilliant ideas and games to improve our overall well-being. Suitable for all ages”.

**Tristan Mc – Bangkok Patana College**

“Dale’s workshop single-handedly changed the morale of our team. We practice 5 minutes of Jugar Life every morning in our stand up meeting. It sets everyone up in a uniquely positive mind frame to start the day.

**Mike Davies – Global Investment Director, Mars Foods Chicago**



Find someone with the same eye colour as you and start up a conversation.



Find a funny joke that you know or research one and then share this with everyone in your group or on your table. Try and make people laugh and smile.