

wellbeing spaces

Acumen India Fellows 2019

You are invited to monthly virtual gatherings designed specially for connection, reflection, learning, and support in cultivating wellbeing for daily life and leadership. Each session will be open to all Fellows. Come as you are.



1.5 hours, 1 time
per month, for 6
months beginning
February 2021



Clear prompt based
on a chosen topic
related to wellbeing



Open reflection in
both large and
small groups



Additional small
group check-ins and
optional facilitator
training



Resources and
practice to
reinforce mutual
support

these spaces are co-created by Brio | contact daisy@startbrio.org
access details and dates will be shared separately