

The Secret Sauce to Feeling Good and Creating Positivity

Reduce overwhelm, navigate uncertainty, and cultivate balance and wellbeing through detecting and creating positive states

*Accredited by the Law Society of Ontario

What is Feel Good?

- The practice of Feel Good is a practice of positivity. This is a trainable skill that we can all develop.
- Generally, we tend to resist our experience of the present moment, so we feel fear, sadness, negativity, anxiety and overwhelm.
- By learning to turn toward unpleasant experience, rather than resist it, we can begin to transform our mindset and our outlook to a more positive one that will help us feel good about ourselves, our work, and the environment around us.
- When we practice the Feel Good technique, we are also working on sharpening our Concentration, Clarity, and Equanimity skills (CC&E).
- When we react to a situation with a positive outlook, our responses are better suited for problem solving, and people are more likely to buy into them.
- Our solutions are better solutions because they are not born in a mindset of negativity or fear.
- We can use Feel Good as a formal practice at the beginning of the day, at night before going to sleep, or as a break in the day (i.e. after finishing the workday).
- This is almost like taking a mini-vacation for a few minutes and can have the same benefits of returning from a vacation - and it's a lot less expensive!

How do We Practice Feel Good?

- Find a way to activate positive emotion - Activating the positive emotion is “Striking the Bell”
- “Look for the Sparks”, or “Reach for the STARS”
 - Smile
 - Thoughts
 - Activate
 - Respond
 - Support
- Apply CC&E to the positive emotion even as it fades
- When the emotion is gone, “Strike the Bell” again.

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About the Instructor

Paula Vital is lawyer turned mindfulness coach, yoga therapist, speaker and writer dedicated to helping lawyers and busy professionals overcome overwhelm, prevent burnout, and move from striving to thriving by accessing the power of the present moment.

With over 20 years of experience in the field of mindful leadership and health, she is passionate about helping people integrate ease, clarity and wellbeing into all aspects of their life.



Paula Vital is an award-winning mindfulness coach, yoga therapist, speaker and writer dedicated to helping you move from striving to thriving by accessing the power of the present moment. As a trained lawyer, senior advisor at the Ontario government, and mother of two, Paula is uniquely able to help busy professionals apply powerful mindfulness principles to everyday life.

Paula is an Internationally Certified Yoga Therapist and L2 Unified Mindfulness Coach. She completed Levels I and II of Mindfulness Based Stress Reduction training, has two yoga teacher certifications (Classical Hatha and Vinyasa), attended numerous silent meditation retreats, and studied with world-renowned yoga and meditation teachers such as David Robson and Shinzen Young.

Paula offers yoga therapy and mindfulness coaching to individuals and groups, speaks regularly at corporate events on the power of mindfulness, and has been featured at TEDx “ideas worth spreading”. She has contributed articles on mindfulness, wellness and resilience to the Huffington Post, Elephant Journal, Tiny Buddha, and Personal Growth.

Paula launched the award-winning Ontario Cabinet Office and Premier's Office Healthy Workplace, Healthy Mind initiative and co-leads the Ontario Public Service Mindfulness Program, offering daily mindfulness to over 60,000+ public servants across the province.

Through Mindfulness Coaching programs for organizations including the Ontario Leadership Network, Ontario Bar Association, Bell Canada Legal Department, The Source, the Toronto Stock Exchange, and Scotiabank, Paula provides leadership on creating a workplace culture that supports innovation, creativity, authenticity and open conversations about stress and mental health. Paula is committed to finding joy and balance in her own life and helping others to do the same.

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