

TALK IT OUT

THE HANDBOOK

CLEAR YOUR HEAD
IN JUST 60 MINS

FEEL THE BENEFIT
FOR LIFE



WHAT IS IT?

CLARITY
ENERGY
INSPIRATION

A SIMPLE, FAST AND HUMAN APPROACH TO ENHANCE MENTAL WELL-BEING.

We know how to look after our bodies by eating well and exercising, yet very few of us **invest in looking after our minds.**

Our brain is a muscle, like any others in our body, that needs to be taken care of.

Talk it Out **gives us the space** to do just that.

By taking just **one hour a month** we have an opportunity to get a clearer perspective, **let go of things** that have been bugging us and **connect more deeply** with who we are and how we are living.

It is the fastest way to process complex situations and gain **clarity, energy and inspiration.**

WHO?

TALK IT OUT IS FOR EVERYBODY.

We have run this with tens of thousands of people including cynical folk who have no experience of personal development or indeed of us; and they were **deeply impressed by its positive impact.**

Everybody has felt better (to some degree) after 60 minutes



WHY?

With the increased demands on our attention and the ever more **complex lives that we lead**, it's very hard to process all that is going on. Most of us just deal with it by **bottling up our emotions**.

Many of us don't talk about our challenges and issues because we feel we should be able to cope. We end up carrying the weight of them with us wherever we go.

This **simple exercise** helps us process things that often we were not even aware of.

When we walk and talk we **access more of our subconscious** and therefore much of our unseen challenges, frustrations and untapped passions come out into the light of day from the shadows of our more unconscious processing.

Just by sharing in a **stream of consciousness** we can change our whole relationship with what has literally been "on our minds."





Talk it Out's creator Chris Baréz-Brown explains why we need to Talk it Out

HOW?

THE PLACE.

Invite people to come to a **particular place at a particular time**. These can be scheduled regularly each week and people can turn up when it fits for them. The more often they take part, the better they will feel. An inspiring location like a park is useful but **any location will do**. Make sure there is somewhere to shelter from rain for the beginning and end of the session. Tell people to come prepared to **walk outside**.



THE SESSION.

1. Set up – 5 mins

Why we are here
(Watch the 'Why?' video)

Explain expectations - what is shared stays here; be open-minded and open-hearted

Warm-ups – do a 4 minute mini version of Let's Talk it Out! See point 2. Get pairs to take it in turns to talk about a highlight of their life – **2 mins each way**. This is to create good vibes and get them flowing. It's key they don't filter but just talk as a **stream of consciousness**.

2. Let's Talk it Out! - 40 mins

Pair up (one of you is *A* and the other, imaginatively is *B*!)

Person A talks at *person B*, uncensored and constantly at *person B* about an issue they face in work or life in general.

Do this for 20 minutes.

Person B listens actively, encouraging *Person A* to keep going but doesn't talk – just listens regardless of what they say.

Person B listens for changes in the energy of *person A*.

After 20 mins just spend a few minutes landing where they've got to. Nice chat to have.

Swap!

3. Debrief & landing – 10 mins

Head back to the meeting point to help the group understand where they have got to.

You don't need to hear content. Just ask '**how was that?**' '**what did you notice?**'



**MINS
MAX**



Talk it Out's creator Chris Baréz-Brown explains how to run a Talk it Out Session

WATCH OUTS!

Keep an eye on time, so people don't walk too far in one direction with no time to get back!

Where English isn't people's first language, speaking in their **native tongue** can be easier. As we are actively listening, there is often no need for the listener to understand the words, just notice when their **energy changes** and maybe ask them to translate that bit.

If anybody is **emotional** at the end, which can happen; **embrace it!** It's a good thing they have let go. Make sure when they leave, they are feeling okay to carry on with their day.

TIPS

Active listening involves listening with all senses. As well as giving full attention to the speaker, it is important that the 'active listener' is also **'seen' to be listening** – it's cues like 'Yes' "Hmmm" or nodding your head or using eye movement.

What you say **doesn't have to be clever or even true**, otherwise you will filter and remain stuck in your conscious story.

Encourage people to keep talking as it's important to get the flow.

Contact:

Any questions we are here to help!

chris@uppingyourelvis.com

caroline@uppingyourelvis.com

+44 7545 068 878

talk-it-out.org



For more positive moments and experiences discover our free wellbeing app, [Wake Up!](#)

Disclaimer: this exercise is to aid positive mental wellbeing. We are not qualified mental health professionals, we have learnt from extensive experience. If anybody attending a Talk it Out session seems distressed or in need of more help, make sure they have the contacts available to them to do that internally at your business. Externally, The Samaritans is a dedicated 24/7 helpline and online platforms like Mind or The Mental Health Foundation offer useful contacts and advice.

www.samaritans.org

www.mind.org.uk

www.mentalhealth.org.uk