Integrating Spirituality in Your Daily Life

Partner with us in this virtual 90-minute transformational experience that helps participants demystify spirituality and discover practical, personal tools for living with greater calm, clarity, and inner strength.

We handle facilitation. You provide the hearts. ❤️ Max 15 participants · No charge (donations welcome)

WHO IS THIS FOR?

High School Juniors & Seniors
Discover grounding tools amid school pressures, relationships, and the future.

Young Adults
Navigate career, identity, and transitions with more centeredness.

Educators & Nonprofit Leaders
Model spiritual resilience and strengthen your work with youth.

WHAT WILL WE EXPLORE?

A Personal Understanding
Broaden spirituality beyond religion - to mindfullness, connection and inner knowing.

Calm & Clairty
Using grounding tools like the 3-3-3 sensory exercise and guided visualization to reduce anxiety.

Daily Practices & Setting Intentions
Build personal spiritual practices that grow with you.

WORKSHOP FORMAT?

Prompts & Journaling
Thoughtful prompts that get you in touch with your innate, awakened awareness.

Group Discussion
Open, confidential sharing and dialogue.

Take Aways & Goals
Set intentions for spiritual practices that grow with you.

Terry Opalek
Community Liaison, The Guibord Center; Intuitive Coach & Author

Brandon Vasquez
Father, pastor & chaplain, San Diego County Sheriff's Department

Cheryl Romanowski
Bahá'í educator & high school interfaith curriculum leader

Contact Terry Opalek for more information or to bring this workshop to your school, organization or community.

"Spirituality ... is the deeply personal, perceived sense of connection to something greater than oneself, a living universe in which we are all interconnected."
Dr. Lisa Miller, Professor, Researcher & Clinical Psychologist. Author of The Awakened Brain

Bringing people together.
Unleashing the Spirit
Embracing the Sacred.
Transforming the World

GC
THE GUIBORD CENTER
RELIGION INSIDE OUT