

PGL INSPIRATION



Rooted and Restored | Wellness for the Journey Within



DEAR PGL COMMUNITY,

Wellness is more than just a pause—it's the practice of returning to ourselves. It's how we show up in the world when we're grounded, rested, and rooted in what matters most.

At Positive Global Learning, we believe that wellness and transformation go hand in hand. Global learning can be challenging—it stretches us, pushes us outside our comfort zones, and asks us to grow. That's why we build reflection, rest, and inner leadership into our journeys.

This issue is your gentle invitation to slow down, breathe deeply, and reconnect with the parts of yourself that are asking to be nurtured.

Wishing you peace and restoration,

Marti Deyo, Founder & CEO



WHY THIS MATTERS.

PGL Inspiration is more than a newsletter—it's a monthly rhythm of reflection and connection. Each issue explores part of the journey toward becoming the fullest version of ourselves—**together**





“Wellness is not the absence of stress, but the presence of practices that help us move through it with clarity and balance.”

— Genevieve Murphy

PGL Voices

Genevieve, a wellness retreat facilitator in Taiwan and one of our PGL advisors, has spent years helping people reconnect with their sense of purpose and presence. Through mindful retreats and cross-cultural experiences, she’s witnessed firsthand how slowing down opens us to healing.

“Self-awareness is the cornerstone of emotional wellness, allowing us to recognize and understand our thoughts, emotions, and behaviors. By learning to pause and observe, we create space to respond with clarity instead of reacting on autopilot. This practice builds resilience and empowers us to live with greater alignment — in our personal lives, our classrooms, and across cultures.”

Genevieve reminds us that wellness is the foundation for meaningful learning and transformation—and that rest is an act of power.



Practical Wisdom - Circle of Control

Our growth is shaped not just by what we learn—but by what we apply. Each issue includes a small prompt or practice to help you take your reflections further, supporting both personal transformation and how we engage with others in our lives and work.

*This month’s tool: **Circle of Control Exercise**
(See ‘Explore More’ → Do on Page 3 for the full resource)*

1. Write down the challenges you’re facing.

2. Place them into two categories:

- **Inside the circle:** What you can control (your effort, your responses, your perspective).
- **Outside the circle:** What you cannot control (others’ actions, external deadlines, unexpected events).

By focusing energy on what’s inside your circle, you’ll reduce stress and shift toward purposeful action.

WHAT'S NEW AT PGL?

[JetPrep Virtual](#) (Oct 1-Dec 1)

An 8-week, 7-step quest with alumni mentors. **Pilot rate \$200. Apply by Sept 30.**

[Apply to JetPrep](#)

[JetPrep Travel](#) — Winter 2026

Last call! **Apply by Oct 15** to join a small January cohort in Japan.

[Explore 2026 Travel Windows](#)

[JetThrive](#) (Nov) & [JetNext](#) (post-JET)

New pages are live—explore and join the interest list.

[Explore JetThrive](#)

[Explore JetNext](#)

New Videos & Flyers

One-page flyers and a short intro video are available—perfect for a quick look at what JetPrep, GlobalWorks Prep, and TravelPrep offer.

[View Flyers](#)

Final Note: Wellness Is a Way of Being

Wellness isn't about perfection—it's about practices that help us return to ourselves. Whether you try this month's Circle of Control or pause for the video below, we hope you find a moment to breathe and reconnect.

Explore More

Ready to go deeper? Below you'll find one curated resource in each category—watch, listen/read, and do. These are designed to expand your thinking, support your wellness, and help you reconnect with what matters.



WATCH

[The Power of Mindfulness: What You Practice Grows Stronger \(TED Talk\)](#) by Shauna Shapiro



LISTEN

[Five Zero-Cost Biohacks \(Podcast Episode\)](#) from Gary Breka



DO

Try [Genevieve's Circle of Control Activity](#) and explore her full [Aligned Wellness Resource](#)

Positive Global Learning

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With purpose and possibility, The PGL Team 🌍💛

Programs are independent and designed to complement—not replace—the support JETs receive in Japan.