



SHE RUNS WITH SCISSORS

Recognize the Thoughts That are Holding You Back

Topics

- Notice unconscious or unruly thoughts
- Discover the thoughts that do not serve you
- Reveal your new personal narrative
- Practice transforming thoughts to produce better results in all areas of your life
- The 3-step simple process to manage your thoughts on your own

At this interactive and dynamic workshop participants will:

- Break old patterns and write new scripts for a more empowered life
- Gain resilience to bounce back from challenging events such as job loss, breakups or hurts
- Experience improved relationships across the board
- Find a more centered and peaceful daily life