

# Embrace Within

Awakening the power within you

## ***The Art of Letting Go***

Letting go can create new pathways for moving forward. Learn to let go through forgiveness, acceptance, and healing with empowering hands-on activities and techniques. (1.5 to 4 hours - versatile formats presentation, training, small group, or retreat)

## ***White & Clarity Space: Your Power!***

"You've always had the power, my dear." - Glinda, the Good Witch, Wizard of Oz

Discover your WANDS and how to effectively create white space in your schedule and time management. Identify and overcome the fear of missing out (FOMO) patterns in your life. (1.5 to 2 hours)

## ***Your Passion, Purpose, and Creativity Flow: How?***

Are you in a rut? What's holding you back from what you want to do? This workshop provides strategies to make your creativity, passion, and purpose flow again. Powerful mindfulness tools and toys are shared that will enlighten your heart, mind, body, and soul. (1.5 to 2 hours)

## ***Manage the Monsters in your Mind: Your Inner Power and Positive Energizers***

How well do we know our brains? Many of us have brains that are struggling with "monsters". In this workshop, learn the nine common ANTS triggers with empowering remedies through individual, partner, and group hands-on activities, discussions, and visualization. (1.5 to 8 hours - versatile formats in presentation, training, small group, or retreat)

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To schedule a training, presentation, or class, contact me today.

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## ***The Greatest Gift of All: Setting Boundaries***

Identify toxic behaviors in relationships with friends, family, and co-workers. Learn how to say "no" effectively without feeling guilty, and gain healthy, supportive, and trusting behavior traits. Participate in enriching visualization, powerful questioning tools, and authentic role-plays through individual, partner, and group hands-on activities. (1.5 to 8 hours - versatile formats in presentation, training, small group, or retreat)

## ***The 10 Talents of a Mindful and Efficient Leader***

Establish mindful and mindfulness characteristics to become a mindful and efficient leadership through 10 surprising, simple, and effective traits. Learn how to recognize inner conflicts, doubts, and biases, and reframe your mindset with gratitude for all leadership types to make positive differences. (1.5 to 4 hours - versatile formats in presentation, training, small group, or retreat).

## ***FOCUS, Click, Snap, and Mindset!***

Are you experiencing procrastination, time-stealers, interruptions, and things that sabotage your ability to focus? Identify distraction issues that are holding you back, your WANDS, and other obstacles. Next, learn how to GROW using four techniques for regaining your focus. With simple and effective visualization, essential prioritization matrix, and mediation tools, you'll never lose focus again with sense of calmness, positive energy, and more time to enjoy life. (Part I and Part II: 4 hours each, 2 different days, 10 participants).

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