

Live Workshop Outline 2023

January – Create Goals that Stick

What would it feel like to set AND achieve your goals each and every time with ease and confidence? I'm not talking about making goals so easy you can't miss. This isn't wishful thinking, positive mindset or anything you've experienced before I'm talking about goals you really desire, things you wish to do and are not clear how you can or will achieve the goal. This is about clearing conditioned, limiting beliefs and thoughts then flowing through to reach your goals with ease.

February – Clear Your Blocks Quick and Easy

What would it feel like to never worry about creative blocks again? Whether you desire creative solutions to current problems and challenges OR you're a creative - a writer, crafter or maker - this is for YOU! Our brain is awesome. Its electrical capacity to produce thought and create ideas never shuts off even in our sleep. So why do blocks even happen? It is absolutely possible to clear your current block at the source and when quickly move through any future block with ease

March – Emotional Balance

What would it feel like to feel emotionally balanced each and every day? What would it be like to calmly assess situations and respond with ease? I'm not talking about stuffing feelings down and plowing through life. This isn't wishful thinking, positive mindset or anything you've experienced before I'm talking about real peace from inside, respond in a way that actually builds meaningful relationships and strong friendships.

April – Level UP Individual Consult 2x PLUS 30 minutes group on Wednesday

May – Gentle Boundaries

What would it feel like if simple boundaries freely rolled off your tongue? How would your life be if you had a method and structure to communicate boundaries with complete freedom and in a way that nurtures healthy relationships? What if you learned how to have boundaries that created peace instead of conflict? Have you tried to do boundaries but for some reason can't find a way to make it work?

June – Quiet Your Inner Critic

Do you beat yourself up? Ruminates? Wish you'd said or done things different and run those alternate scenarios in your head imagining a better outcome? What would it feel like if that inner voice was more loving? How would your life be if you could truly nurture yourself? What if you learned how to stop that inner critic and stop bullying yourself? Have you ever stopped to think that's what's actually happening? Learn how to stop that negative rumination and harsh inner critic.

July – Keys to Peace and Defining Yourself

Sometimes it's easy to lose touch with knowing where we end and others begin. We get too absorbed and ruminate endlessly because we have no control over the situation – because we have no control over others. We only have control over our own self. How can we remain separate while caring deeply for others? How do we have empathy without losing ourself?

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This month is about defining who you are as a separate, individuated person. Now that we've cleared away some of the negative self-talk (internal judgements based on conditioned beliefs) and reduced our concern about external validation and judgments

Commented [DC1]: This was September workshop in 2022 and some of these topics can be worked into other months and some are deeper dive into topics already covered so I need to review this

August – Level UP Individual Consult 2x PLUS 30 minutes group on Wednesday

September – Retrain Your Brain for Peace

What would it feel like to quickly and easily feel calm anytime? This is possible when you understand how our nervous system works and when you know how to quickly bring yourself into a calm state. I'm not talking about superficial methods or just talking yourself into calm. I'm talking about clearing your conditioned responses so you can come down into peace and calm with ease anytime.

October – Goals in 12 Areas of Life

What would it feel like to know exactly what your priorities and goals are from your heart in a way that makes them easy to set AND reach every single time? What if you were able to pour out and give to others in a way that fills you up at the same time? Deep Dive into 12 Areas of Life – let's look back at our January list or create a new one if this is your first time through.

November – Fully Empower Yourself

How would your life be different if you responded rather than reacting? If every day you woke up completely motivated? How can you choose contentment when your present situation is not ideal or as you wish? What if there were easy tools to get unstuck? Let's create a strong core for you!

December – Level UP Individual Consult 2x PLUS 30 minutes group on Wednesday