

PERSONAL POWER-EMPOWERMENT -SUCCESS

SEPTEMBER 2018 WORKSHOPS

Release Trapped Emotions.

Trapped Emotions produce a tremendous amount of Stress.

Although Stress is a natural human response to pressure when faced with challenging and sometimes dangerous situations, but when stress become trapped in a cycle of emotions. That pressure is not only about what's happening around us, but often the demands we place on ourselves.

If this lasts a long time then it begins to overwhelms our ability to cope, it can have many negative effect on our health and our Wellbeing, Relationships, Work and our General Enjoyment of Life.

Trapped Emotions don't have to control our lives.

We can improve our knowledge about trapped emotions and increase our resources to become more resilient.

In this workshop You will learn how to Release Stressful Trapped Emotions that become Blocks in Your Life!



Monday 10th or Sunday 16th or Tuesday 18th

Your Investment \$49.95

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