

Selection of Two Hour Workshop Topics

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure...” ~Marianne Williamson

The Art of Happiness Self-acceptance, positive self regard and confidence in ones individuality, allows belief in oneself while envisioning and enhancing an ideal self. Every human that has ever existed has had happiness as their ultimate goal in life. In order to get there we will explore: Explore eight steps to happiness. I'll define what makes an optimist. What is self esteem and how do we get it and provide tips to help you grow your confidence.

Breathwork & Guided Visualization Exploring creative visualizations and visioning technique using expanded breath work and meditation will access higher spiritual unity and have practical benefits.

Practicing One-Minute Breathwork Breathing is the optimum gateway for learning mind-body control because it is connected to both the voluntary and the involuntary nervous systems. Normally your breathing is regulated automatically. This workshop answers these questions about breathwork. Why do we need to pay attention and/or control our breathing patterns? How will this help me live my life differently? What are the short and long term benefits?

Guided Visualization With guided imagery, you are always completely in control. You're the movie director. You can project whatever thought or feeling you want onto your mental screen. You can project whatever thought or feeling you want onto your mental screen. With guided imagery, you deliberately focus your mind on a particular image. This workshop focuses on exploring and enhancing the details you want to make part of you to strengthen the images of self, by using all your senses to enrich your self image.

Practical Communication Going Beyond Words: the Art of Listening We'll look at basic communication skills needed for work in any environment along with advanced listening skills, beyond words. The skills within creative communication cover five main areas: listening, intuition, curiosity, taking action, learning through listening, and self-management. This workshop focuses on the important quality of listening. Gifted listeners are trained to send clear messages and work to interpret messages from others effectively.

Hot Thoughts Warm & Cool Feelings Problems and difficulties in life occur whenever your basic goals are interfered with, blocked or thwarted. Problems also arise when events occur which challenge or seem to go contrary to your basic assumptions about the world. We will explore those skills to turn negative feelings into positive thoughts by reframing and making them work for you.

When You Eat Emotionally When you eat emotionally, you are using food to cope with your emotions rather than to satisfy genuine hunger. Early in life, food is often used to soothe, comfort, reward, and console. In the short term, this coping mechanism can be very effective, but if you rely on it too often, the habit can be difficult to break — especially for people who struggle with their weight. Learning how to balance your emotional relationship with food is crucial to your long-term success with healthy eating and living. Five steps to empower your eating practices.

Got Stress? It's All About Perception Balancing work, family, and personal lives is a never-ending challenge that can be stressful. Failure to cope with stress causes anxiety, depression and eventually damages health and well-being. This workshop will explore what stress is, where it comes from, how it affects us, and how to deal with it in healthy ways.