



Thank you for exploring BE YOURSELF INSIDE ...

These workshops allow you the opportunity to explore your potential, be equipped with tools and be empowered to explore your journey at your best

NEXT WORKSHOP – LIVE

27th February 2021

Cost: \$25.00 per person / \$60 Family

9:30am – 12:00midday

WORKSHOP OUTLINE

“Introduction to BE YOURSELF INSIDE”

Be Prepared Self Identity	This session explores who you are uniquely created to be, when you bring your whole self to the table, what is possible? The Language we use to express ourselves both out loud and in our minds.
Be Strengthened My Toolbox	This session equips you with which area of your life that is holding you back from being the “BEST YOU INSIDE”.
Be Empowered Passion – No Limits	This session is your dream session. Allow yourself to goal without setting limits. Articulate what you want to achieve and how you are going to do it.
Celebrate & Reflect	This session is about celebrating what you have already achieved and how to resolve the journey of the not there yet moments.

If you have any questions please don't hesitate to call...

Suzie Wood

We are BUILT 2 SHINE together
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