



HELPING YOU TO HEAL AND GROW SO YOU CAN CREATE THE LIFE YOU WANT

	SAT APRIL 5 <sup>TH</sup>	SAT APRIL 26 <sup>TH</sup>	SAT MAY 10 <sup>TH</sup>	SAT MAY 24 <sup>TH</sup>	SAT JUNE 7 <sup>TH</sup>	SAT JUNE 21 <sup>ST</sup>
THE HEALING CIRCLE	14:15-15:45 <b>MISUNDERSTOOD:</b> How to respond, not react when your family pushes your buttons (Workshop)	09:00-10:00 <b>CONDITIONAL LOVE:</b> The impact of growing up with an emotionally immature or unavailable parent (Talk)	14:30-15:30 <b>BREAK THE CYCLE:</b> How to rewrite the relationship patterns you inherited (Talk)	11:00-12:00 <b>UNTANGLED:</b> How to break free from difficult family dynamics (Talk)	12:45-13:45 <b>THE BLACK SHEEP:</b> Understanding the secret strengths of the family truth teller (Talk)	12:45-13:45 <b>THE GOLDEN CHILD:</b> How being the 'good' one creates a spiral of self-sacrifice (Talk)
THE POWER WITHIN	12:45-14:15 <b>SOVEREIGNTY:</b> Becoming your own Queen (Workshop)	14:30-16:00 <b>UNAPOLOGETIC:</b> How to free yourself from shame and self-doubt (Workshop)	11:00-12:15 <b>THE ENEMY WITHIN:</b> How to heal your patterns of self-sabotage (Workshop)	09:00-10:30 <b>CREATING YOUR LIFE MANIFESTO:</b> Discovering + Defining Your Core Values (Workshop)	09:00-10:30 <b>HEALING YOUR WOUNDED PARTS:</b> Internal Family Systems (Part 2 Workshop)	11:00-12:15 <b>IN THE MOMENT:</b> Retraining your mind to live in the beauty of the present (Part 2 Workshop)
THE CHANGE LAB	10:45-12:15 <b>MOONSHOT:</b> Taking a leap of faith towards your hopes and dreams (Talk + Workshop)	12:45-14:15 <b>NO GOING BACK:</b> Working with fear, trepidation and uncertainty on your path to change (Workshop)	12:45-14:15 <b>HOW TO FAIL WELL:</b> Meeting disappointments and setbacks with self-compassion (Talk + Workshop)		14:00-15:30 <b>EMBODYING GRIT:</b> The Secret Recipe for Successful Change (Workshop)	
THE HAPPINESS ACADEMY	09:00-10:15 <b>IN THE MOMENT:</b> Retraining your mind to live in the beauty of the present (Workshop Part 1)	11:30-12:30 <b>LOST &amp; FOUND:</b> The transformational power of feeling lost and adrift (Talk)	09:00-10:30 <b>BLOWN OFF COURSE:</b> How to anchor yourself during times of loss, change and uncertainty (Workshop)	12:30-13:45 <b>MASTERING THE PRACTICE OF 'SAVOURING':</b> Rewiring Your Brain for Gratitude and Joy (Workshop)	11:00-12:15 <b>IN THE MOMENT:</b> Retraining your mind to live in the present (Workshop Part 2)	12:30-14:00 <b>FENG SHUI YOUR LIFE:</b> How to Make Space for What Really Matters to You (Workshop)

## ONLINE RETREATS

**SUN, APR 6<sup>TH</sup> 10:00-14:00**  
FEAR + ANXIETY: Powerful Tools for Worried Humans

**SUN, MAY 11<sup>TH</sup> 10:00-14:00**  
THE BIRTH OF SUMMER: Time to Blossom + Bloom

**SUN, JUN 22<sup>TH</sup> 10:00-14:30**  
SUMMER SOLSTICE: Opening to Joy and Abundance

## MONTHLY COACHING GROUPS

**THE CHANGE LAB**    APR 9<sup>TH</sup> 18:00-19:00    MAY 14<sup>TH</sup> 18:00-19:00    JUN 11<sup>TH</sup> - 18:00-19:00

**THE POWER WITHIN**    APR 14<sup>TH</sup> 20:30-21:30    MAY 19<sup>TH</sup> 20:30-21:30    JUN 16<sup>TH</sup> - 20:30-21:30

**THE HEALING CIRCLE**    APR 29<sup>TH</sup> 20:30-21:30    MAY 26<sup>TH</sup> 20:30-21:30    JUN 24<sup>TH</sup> - 20:30-21:30