



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

	SAT JAN 25 <sup>TH</sup>	SAT FEB 8 <sup>TH</sup>	SAT FEB 22 <sup>ND</sup>	SAT MARCH 8 <sup>TH</sup>	SAT MARCH 22 <sup>ND</sup>
THE HEALING CIRCLE	12:00 - 13:00 <b>THE ROLES WE INHERIT:</b> Family Constellations Workshop (Part 1)	10:00 - 12:00 <b>INNER CHILD REPARTEMENTING:</b> Becoming the parent you wish you'd had (Workshop)	14:30 - 17:30 <b>THE ROLES WE INHERIT:</b> Family Constellations Workshop (Part 2)	11:00 - 12:00 <b>CONDITIONAL LOVE:</b> The long-lasting impact of growing up in a judgemental home (Talk)	11:00 - 12:30 MARCH 22ND <b>BODY FIRST HEALING:</b> Where does the past live in your body? (Talk + Workshop)
THE POWER WITHIN	10:45 - 11:45 <b>FEARLESSLY YOU:</b> Discover your most authentic self (Workshop)  13:45 - 14:45 <b>THE ENERGY AUDIT:</b> What's draining your Inner power? (Workshop)	14:00 - 16:00 <b>REFRAME YOUR STORY, RECLAIM YOUR LIFE:</b> Overcoming self-limiting beliefs (Workshop)	09:00 - 10:30 <b>HIDDEN GOLD:</b> Uncovering and owning your unique gifts (Workshop)	12:30 - 14:30 <b>HEALING YOUR WOUNDED PARTS:</b> Internal Family Systems (Workshop Part 1)	09:00 - 10:30 MARCH 22ND <b>LOVING KINDNESS - A Radical Practice for Self-Compassion</b> (Workshop)
THE CHANGE LAB	09:00 - 10:30 <b>THE 2025 LIFE AUDIT:</b> Planting your seeds for a year of reinvention (Talk + Workshop)		12:15 - 13:45 <b>A BOLD NEW CHAPTER:</b> Creating Your Vision for Change (Talk + Workshop)	09:00 - 10:30 <b>A MAP FOR CHANGE:</b> Identifying Potential Roadblocks & Planning Your Journey (Talk + Workshop)	
THE HAPPINESS ACADEMY	15:00 - 16:30 <b>THE MINDSET REBOOT:</b> How to escape your mindtraps & reroute your thoughts (Workshop)	12:30 - 13:30 <b>BURIED TREASURE:</b> How to channel the incredible wisdom of your 'negative' emotions (Talk)	10:45 - 11:45 <b>TURNING LEMONS INTO LEMONADE &amp; SOUR GRAPES INTO WINE:</b> How to turn your struggles into strengths (Workshop)	15:00 - 16:00 <b>BELONGING TO YOURSELF:</b> Transforming Your Relationship with Loneliness & Solitude (Talk)	13:00-14:00 MARCH 22ND <b>NEVER ENOUGH:</b> How to stop high expectations from killing your happiness (Workshop)

## ONLINE RETREATS

**SUN, JAN 26<sup>TH</sup> 10:00-14:00**

RETREAT FOR WINTERING: Giving Yourself Permission to Rest + Dream

**SUN, FEB 16<sup>TH</sup> 10:00-14:00**

RETREAT FOR THE BIRTH OF SPRING: Invoking New Beginnings

**SUN, MAR 23<sup>RD</sup> 09:00-15:00**

RETREAT FOR SPRING EQUINOX: Exhaling Winter and Opening to Possibility

## MONTHLY COACHING GROUPS

**THE CHANGE LAB**

JAN 27<sup>TH</sup> 18:00-19:00

FEB 12<sup>TH</sup> 18:00-19:00

MAR 12<sup>TH</sup> - 18:00-19:00

**THE POWER WITHIN**

JAN 29<sup>TH</sup> 20:30-21:30

FEB 17<sup>TH</sup> 20:30-21:30

MAR 17<sup>TH</sup> - 20:30-21:30

**THE HEALING CIRCLE**

JAN 30<sup>TH</sup> 20:30-21:30

FEB 25<sup>TH</sup> 20:30-21:30

MAR 25<sup>TH</sup> - 20:30-21:30