

# LIMITING BELIEFS WORKSHOP

*Learn the ABC's of Self-Limiting Beliefs and how to move beyond them*

**AWARE**

Of how your old beliefs are limiting your success

**BELIEVE**

There is a new way to think about your life

**CHANGE**

Into a whole new belief about yourself

*In this Limiting Beliefs Workshop, you will learn about:*

- What limiting beliefs are and where they come from
- The unending loop of trying to change without success
- Our intimate roller coaster ride of beliefs, thoughts, emotions & feelings
- The abc's of changing our self-limiting beliefs to new empowering beliefs
  - The use of positive affirmations versus negative affirmations
    - Changing our own subconscious belief patterns
    - Learn a proactive, sustainable approach to change

**EVERYTHING YOU WANT IS ON THE OTHER SIDE OF YOUR LIMITING BELIEFS.**

**WHEN YOU DISCOVER WHAT YOUR LIMITING BELIEFS ARE...  
YOU CAN LET THEM GO...AND THEN YOU CAN CREATE THAT LIFE YOU WANT.**

**Date:** Saturday October 12, 2013  
or Sunday October 27, 2013  
(2 dates to choose from)

**Cost:** \$45 (inc.hst)

Bring a friend, and you each pay \$40 (inc.hst)  
Juices and snacks included

**Time:** 10.00 am - 2.30 pm

**Where:** Life Tree Chiropractic,  
248 Steeles Ave W #6,

Vaughan (Thornhill), ON L4J 1A1

(in the McDonalds and Toys R Us Plaza)

Intersection: Hilda & Steeles

To register, please sign up at <http://www.globalvisionscoaching.com/calendar.html>  
or call Nidhi at 416.830.5285 or sign up at Life Tree Chiropractic.



## About the facilitator:

Nidhi Gupta is a certified Life Coach, registered Psychotherapist and a Couples and Family Therapist. Her approach to her work is purely holistic, embodying mind, spirit, soul and body. She radiates a fierce love and creative joy when working with her clients, so they gain insight and wisdom in order to manifest real-life change.

