

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.**

Cost: \$55 (inc.hst) for a 4.5 hour group workshop.

(Free 45-minute coaching session after the workshop with certified Life Coach, Nidhi, for new clients. Value is \$85).

Bring a friend, and you each pay \$50 (inc.hst)

Extras: Snacks and juices will be available for hydration and energy.

Date: Sunday, November 16th

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

About the facilitator:

Nidhi Gupta is a registered Psychotherapist, Couples and Family Therapist & a certified senior Life Coach. Her approach to her work is purely holistic, embodying the whole self: mind, body, heart & spirit. She specializes in Inner Bonding Therapy, which focuses on the self, self-esteem, self-respect, self-awareness and self-love, and is done through working with the three ego aspects: the inner child, the inner parent and the adult.

