

# TAMING YOUR INNER CRITIC & SABOTEUR WORKSHOP



Does the inner voice of negativity and self-doubt hold you back from succeeding and moving forward?  
Does it keep you stuck and unfulfilled in your life?  
Do your gremlins tell you can't do this or can't do that?

Do you have thoughts like:  
I'm not good enough  
It has to be perfect or I'll fail

Or...

Why am I not doing more? There must be something wrong with me.  
I feel like I've let myself down again and again.  
My inner critic always makes sure I don't finish projects – or even start.  
I always sabotage myself just when things are getting good.

**If you recognise some of these inner voices, then this workshop is for you!**

**In this workshop, you will come away able to:**

- Recognise the voice of your inner critic
- Understand your saboteur and why it is there
- Figure out how and where you get stuck – and how to get unstuck
  - Choose the right responses to get more of what you want
- Get your power back and stop the gremlins taking charge of your life
- Have fun talking to and recognising what the saboteur needs from you
  - And how to push it away!



REMEMBER: turn clocks back ONE HOUR on November 1st

**You'll also have a laugh, realise that you're not the only one that feels like this and meet some really nice people.**

**All in all, a great way to spend a Sunday morning in November!**

**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 2nd, 2014

**Time:** 10.00 am - 2.30 pm 🕒 Remember: clocks turn back 1 hr

**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.

