



Claim Your Life Coaching



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An Inside/Out Approach to Relationships

Experience Growth, Love & Connection by Starting with Yourself

Me + You = Us

This is the formula for all of our relationships (the “Us”) whether it is **with your partner, a family member, a friend, or someone you work with** (the “You”).

Although this formula makes it look simple to create the “Us” that we want, in reality many of our relationships are the **main source of our stress, unhappiness and discontent**.

Join me as I explain how the **Inside/Out approach** can bring you **LOVE, CONNECTION and GROWTH** regardless of what the “You” is bringing to the equation.

In this workshop we will start by focusing on the “Me” in the equation. It is here that you have the power to create the changes you desire.

You will:

- learn how to deepen the connection with yourself by understanding your desires, your emotions, your beliefs, your body and how to connect with your inner wisdom.
- learn about hidden disconnection - why we do it, what your unique method of disconnection is and how you can allow connection both with yourself and others.

Then we will look at the “Me” when combined with the “You”.

You will:

- learn about relationships as an opportunity for spiritual growth rather than a way to get your needs met
- learn how to stay connected to yourself rather than take on another’s energy
- learn about the power of setting boundaries to stay true to your own needs

Are you ready to start creating the relationship you want from the Inside/Out?

BOOK NOW!! --->



tree of love

See more images by Gillian Berry at
www.wildblossomstudios.com

**When: January 8, 2011
2pm - 3:30pm**

**Where: Art House,
Shawnigan Lk, BC**

Cost: \$20/person

**Contact: Mariette West at
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to book your spot!**

