

SEE THE CHANGE YOU WANT TO BE

A Workshop For Getting Change Done

- ↪ A new opportunity to make a change that just hasn't stuck yet
- ↪ A clear understanding of why making the most significant changes in your life are so challenging
- ↪ Tools to uproot your resistance to change without relying on willpower
- ↪ A renewed impulse to evolve and grow

Do you fail to make changes in your life and then find yourself feeling self-critical? If the change you wanted to make had already happened, how would your life be different?

This workshop provides experiential methods to help you achieve lasting change. We will use the Immunity to Change cognitive map, a creative collage process, as well as, visualization tools help you meet and explore the parts of yourself that hold you back from the changes you want to make. All are welcome, no prior experience necessary.

Saturday June 24, 2017 from 10-5pm
Early bird before June 1 \$65, Regular \$75

Register at:

<https://seethechangeyouwanttobe.eventbrite.com>



Chad Bennett, MA, LPC is a therapist and career counselor and has been facilitating groups for over 20 years. He is an "Immunity to Change" facilitator, bringing the work to organizations and individuals to uncover and integrate the personal and interpersonal dynamics that subvert even our most genuine wishes to transform. See www.open-door-counseling.com/p/life-coaching.html



April Pojman, MA, LPC works to help people understand challenges differently and to grow into the best versions of themselves. She is a Certified Hakomi Therapist and believes that the body, nature and creativity are our greatest allies in this process. She also brings a background in international development and organizational capacity building to this workshop. Learn more at: www.lions-breath.com