


Be Good To YOU!

Do you suffer from anxiety?

Do you lack confidence and avoid confrontation?

Do you feel people treat you unfairly?



You've always had
the POWER My Dear!
You just had to learn it
for yourself.

Facebook.com/DoreenVirtue444

This workshop will open a world of empowerment and freedom to you as you will learn how to love YOU, giving you choices and confidence once more.

It is vital for your health and happiness to understand and love YOU. Using a mindfulness approach your self-awareness can positively shift instantly. Your lighthouse will shine because you will have the time to know what makes you shine and you will make your Shine Board.

During the day you will have fun exploring:

- How to stop being negatively influenced, or needing approval from others
- Enjoy healthier relationships
- Stop the fears and say NO
- The power of positive self talk
- Understanding your anxiety
- Stand in your own true beautiful self