

What's next?

Are you ready for the next phase of your life, but don't know what that is?

**Feel inspired and energised to move forward by discovering
what brings you JOY, to live the life you want!**

2 hours per week over 5 weeks in small groups

IF YOU DREAM OF:

- Having clarity around what it is you really want
- Understanding what makes you happy – what brings you JOY
- Reducing your anxiety about your future
- Having the courage to just do it!

LET ME HELP YOU:

- Recognise your values and subtle cues that tell you what's important to you
- Understand what your feelings are telling you
- Recognise your patterns to make changes
- Empathise with others to understand 'walking in their shoes'
- Make decisions to achieve your goals
- Realise that you can't change others but when you change, others change too
- Build better relationships recognising triggers and learning to respond appropriately

CONSIDER MY OFFER:

- Initial phone consultation
- 2 hours per week for 5 weeks
- A personal 1 hour session
- Handouts and online resources
- Invitation to free quarterly Emotional Intelligence (EQ Café) webinars

LIMITED PLACES - \$495 Early bird discount of \$50 if you register prior to Feb 15

Wednesdays 1 March – 5 April, 10am – 12pm (no class 22 March)

Morning tea provided

The Large Meeting Room, Inverloch Community Hub, 16 A'Beckett St Inverloch

RESERVE your place:

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Emotional Intelligence is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathise with others, overcome challenges and defuse conflict.

