

# Get Out of Your Own Way & Achieve Your Goals Workshop

- Do you lack self-confidence?
- Do many of your goals just seem out of reach?
- Want to change that?

## In this workshop you will:

- Identify a self-limiting belief you hold subconsciously
- Replace that belief with one that supports your goals
- Leave with a workbook and recording to reinforce learnings

Date: To be scheduled. Please inquire to reserve your spot.

Time: 10AM-2PM, PDT

Place: Zoom

Cost: \$150

Contact: [info@TheTranquilPresence.com](mailto:info@TheTranquilPresence.com)

\* \$50 of workshop fee can be credited towards your 1<sup>st</sup> 1:1 session.

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