

 Sheila Stevenson Group.com



**WHO AM I? Discover Authentic Living** - It's natural for human beings to want to live in the most authentic way possible. How do you do that so both you and those you interact with at home and at work feel at ease every day? WHO AM I? is an important question everyone asks at some point in life.

This workshop is designed to offer insight into WHO YOU truly are so you can live more authentically.

- Discover how your values and emotions drive your decisions
- Learn how to easily set and maintain respectful boundaries
- Tap into, and rely on, your natural and protective intuition
- Exercise the powerful daily practice of gratitude, and...
- Realize and appreciate your innate and unique beauty.

Join Sheila for an amazing experience of growth. In this Women's Workshop Sheila aspires to help YOU realize your highest possible potential while **enjoying optimal relationships** at **home/work**.

COME - discover how to live more authentically and feel the joy of knowing YOU on a whole new level!

- 8:30 am – 5:00 pm ● North Meeting Room (*accessible*) ● Food & beverages included ● FREE parking
- Please advise [Sheila@sheilastevensongroup.com](mailto:Sheila@sheilastevensongroup.com) if you have special dietary needs, or require other assistance.
- Windermere Manor, 200 Collip Circle, London, ON N6G 4X8 519.858.1391 ● Sheila 519.671.5225

**TICKETS** Available on **EVENTBRITE** at: <https://www.eventbrite.ca/e/who-am-i-discover-authentic-living-tickets-49447981243?aff=efbeventtix>

**BONUS** - First 5 sold tickets include 30 minute FREE private scheduled coaching session with Sheila. Value \$75. Sheila is an ICF Certified Coach.