



EMPOWERMENT WORKSHOP - A 1 day Personal Development Workshop

A sense of empowerment is more than just a sense. It is about being 100% true to ones' self; physically, emotionally, our thoughts and actions. We often go about life in the same way, going through the same motions, with our beliefs and thoughts never altering. But inside each of us is the ability to awaken the senses and be true and honest with ourselves and others.

Wouldn't it be a fantastic change to wake up every morning feeling excited by the prospect of the day ahead and all the opportunities it may hold? How empowering and freeing that would be - and after this course, that is exactly what you will experience.

Workshop Details

DATE: TBA
TIME: 9.30 am— 4.30 pm (Registration at 9am)
VENUE: Vivacious Living Centre, 9/9 Riseley Square, Applecross
COST: \$197.00

Places must be booked in advance. Please call Deirdre TODAY to book [your place](#)

First Step Coaching & Training – Call (08) 61616906 / 0425 435060 www.firststepwa.com

TESTIMONIALS FROM EMPOWERMENT WORKSHOP – JANUARY 2010

"I wanted to say a 'big' thank you for a really productive and informative workshop. I think you do a great job of what you do and have a real knack to ask the right questions to get us thinking in a more self focused fashion"

"I really lost my focus – I was confused between my head and my heart, wanting two different things. Today seemed to turn a light on for me – Thank you"

"I feel more focused, happier, purposeful and motivated. Thank you very much indeed"

"Thank you for your time and commitment to my enlightenment and freedom"

"Thank you so much for your energy. Today was great"