

Step Into Your Power Intensive Retreat

Empowerment & Confidence Building

A three-day intensive program designed to help identify and change self-limiting thoughts and behaviors in a gentle yet powerful way.

You will learn how to:

- Find more balance and inner peace
- Feel inspired and excited about what's next
- Hold YOURSELF as well as others in high regard
- Quiet the inner critic
- Stop sabotaging yourself with uncertainty
- Transform yourself from “people-pleaser” to balanced & empowered
- Feel deserving of more happiness!



- Thursday, May 5th @ 1pm through Sunday, May 8th @ Noon
- Serene & private home in the desert of Tucson, AZ
- Lodging, meals, workshops & materials included. Total Cost \$1,260.00 per person.

Additional details on our website:
<https://gncounseling.com/>



**GNV Counseling &
Consultation Services**

Website

<https://gncounseling.com/>

Call: (480) 496-9760

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*“The turbulence of our times
demands strong selves with a
clear sense of identity,
competence, and worth.”
- Nathaniel Branden*