

BRANDIE ALLEN Workshops

Brandie Allen is a motivational speaker, therapist, and author of *The Power of Self-Mastery*. With dual graduate degrees, experience as a Domestic Violence Advocate, and expertise in women's empowerment and personal transformation, Brandie ignites clarity, confidence, and action in audiences ready to step fully into their power.



BOOKING & CUSTOMIZATION

All workshops can be tailored for your group's goals and audience needs. To inquire about availability, customization, or pricing, please email your inquiry.

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SIGNATURE WORKSHOPS

- **Rewrite Your Relationship Story:** Women learn to recognize what no longer serves them in intimate relationships. They will step into a new way of creating love and connection from a place of self-worth.
- **Elevate & Evolve:** Designed to help women eliminate self-doubt, move into their personal power, and create real momentum in their lives. Through mindset shifts and emotional mastery tools, learn how to confidently step into their next-level identity with their unique goals.
- **The Art of Boundaries:** Women learn to set and maintain boundaries with confidence, creating emotional safety and authentic self-expression.
- **The Comeback: Healing After Abusive Relationships:** Trauma-informed workshop for women reclaiming autonomy and confidence after toxic relationships.
- **Passion & Connection:** Reignite the fire of passion and intimacy, improve communication, and deepen connection in existing intimate relationships.
- **Resilience & Renewal:** A transformative workshop for women rebuilding their lives after experiencing adversity. Redefine what's possible.