








Step Into Your Power

Intensive Retreat

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
-  Quiet the inner critic
-  Hold **YOURSELF** as well as others in high regard
-  Stop sabotaging yourself with uncertainty
-  Transform yourself from "people-pleaser" to balanced & empowered
-  Feel deserving of more happiness


 **GNV Counseling & Consultation Services**

Gigi Veasey

LCSW, LISAC, CCBT, Author

SIGN UP NOW

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 480-496-9760

 gnvcounseling.com

**THREE DAY
INTENSIVE
PROGRAM**



- ◆ Thursday, Sept 5th @ 1pm through Sunday, Sept 8th @ 11am.
- ◆ Private lodge located in Prescott, AZ.
- ◆ Lodging, meals, workshops, & materials included. Total Cost: \$1500 per person.

"The turbulence of our times demands strong selves with a clear sense of identity, competence, and worth."

--Nathaniel Branden