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Activate a Higher Connection in Life

**How to love yourself and others more
in a world of uncertainty**

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Activate A Higher Connection in Life

How to love yourself and others more in a world of uncertainty

Workshop Description

In the EVOKE Change workshops, participants explore the power of the mind and the practical application of positive change for meaningful, sustainable results. Through the lens of emotional intelligence, individuals learn how to recognize, understand, and manage emotions in healthy and productive ways, reducing stress, improving communication, strengthening empathy, overcoming challenges, and navigating conflict with greater clarity and compassion.

These workshops empower individuals with transformative, lifelong tools that awaken personal growth, deepen human connection, and create lasting change from the inside out.

Imagine communities, workplaces, organizations, schools, businesses, and leadership spaces where acceptance replaces judgment collaboration outweighs competition, and genuine support empowers everyone to thrive.

Meaningful change begins with self-discovery, the foundation for balance, connection, and authentic success. By cultivating self-awareness and emotional resilience, individuals and groups can work toward shared goals with greater purpose, creativity, and unity.

EVOKE Change inspires purpose-driven individuals, teams, organizations, and communities to create environments rooted in authenticity, inclusion, and human connection—unlocking transformative possibilities for personal, professional, and societal growth.

EVOKE Change workshops are strength-based programs that empower both neurotypical and neurodivergent individuals by recognizing and celebrating their unique abilities, perspectives, and contributions. Participants gain proven strategies to foster empathy, enhance communication, deepen self-awareness, and build inclusive relationships across diverse environments and experiences.

What makes EVOKE Change unique is its transformative approach: shifting away from “correcting” differences and instead embracing diversity, growth, and individual strengths as catalysts for innovation, collaboration, and positive social change. The goal is to help cultivate inclusive cultures where every mind is valued, every voice matters, and diversity becomes a powerful force for progress.

The Key Skills taught in this program:

- ✓ Cultivate creative energy thinking skills of emotion awareness
- ✓ How to nurture and spire love and empathy within the self
- ✓ Embrace and connect with the neurodivergent community to foster greater understanding and inclusion.
- ✓ Balance and harmony of the outer world and inner self
- ✓ How to increase energetic growth for daily living
- ✓ Communicate by engaging with energetic awareness
- ✓ Understanding and overcoming fear
- ✓ The thrilling risks of being your genuine self by opening up to the world
- ✓ Managing emotions with behavior change and shifts in perception
- ✓ How to become emotionally available and expressive
- ✓ Appreciate why you connect and disconnect with yourself or others



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Workshop 1

The Magnificent Mind ~ *Releasing the Power Within*

Our minds hold extraordinary powers. We'll talk about the difference between the conscious and subconscious minds and using the tools of autosuggestion and positive affirmations.

In this unit participants will learn how incredible their minds are and the power within their minds. By unit completion they will know and believe that their minds are magnificent.

Workshop 2

It Starts with You ~ Building Strength through Self-Discovery

Self-Discovery, including awareness, control, and discipline is a crucial prerequisite to developing the skills required for mental, emotional, and physical strength. We'll review it all.

Self-discipline begins with the mastery of your thoughts. If you don't control what you think, you can't control what you do. ~ Unknown

Workshop 3

Find Your Hidden Potential ~ *Tapping into your Higher Faculties*

This week, we'll discover how to tap into our higher faculties: Imagination, Intuition, Perception, Reason, and Will, and how to make doing so an everyday habit.

Workshop 4

Attitude is Everything ~ Habit of the Heart!

Attitude is Everything! A positive attitude moves you forward. A negative attitude drags you down. We'll discuss the attitude of gratitude and faith versus fear responses.

Workshop 5

The Art of Visualization ~ *Life's Coming Attractions*

We'll discuss how to manifest consciously and directing our energy toward a "happy place"

Workshop 6

The Art of Communication ~ *It's Not Just the Words We Say*

The ability to communicate effectively is one of life's most valuable skills. We'll discover the power of autosuggestion and listening with our hearts.

Workshop 7

Body Scan ~ Activate Your Blueprint to Rejuvenate

Daily body scans help us feel grounded, relaxed, present, and connected to our bodies by allowing creative energy to flow more easily. We'll talk about the importance of breath and breaking through fear.

Workshop 8

Connecting Your Body and Soul ~ *The Power of Meditation & Yoga*

Meditation is used to rest the mind, body, and spirit. We'll talk about the benefits and various methods and mindfulness techniques, and even practice some together.

Workshop 9

Lessons from the Moon ~ Capturing the Energy of the Sky

The new moon and the full moon uncover opportunities to create a new tradition for yourself and your family. We'll discuss both to help foster connectivity and opening the heart.

Workshop 10

Worthy Goals ~ Set Them, Work toward Them, Achieve Them!

The journey of reaching your goals improves the overall happiness in your life. We'll talk about the importance of the Law of Repetition when working toward them.

Workshop 11

Simple Solutions ~ Make Decision and Focus on the Results

How you respond and what you view as an obstacle or problem determines how you move through finding the solutions with ease and confidence. This week, we'll dive deep into the process of decision making.