

# EXPAND YOUR CONFIDENCE NOW



## ONE DAY WORKSHOP FOR WOMEN

- Create change in your life
- Speak your truth
- Live with more joy and purpose
- Bounce right back from rejections and disappointments
- Move beyond blame, shame and woundedness
- Show up to live more vibrantly
- Make choices without needing approval
- Let go of people, stuff, and negative thoughts
- Stop criticising yourself
- Feel more positive & joyful

26 OCTOBER, 2024, WILDFLOWER GARDEN ST IVES

Radically lift your confidence in just one day with proven techniques

expand  now

# EXPAND YOUR CONFIDENCE **NOW**

expand  now

## WORKSHOP OUTCOMES

This one-day workshop will equip you with the mindset and practical tools to radically lift your confidence. You are unique, beautifully flawed, and incomparable to anyone else. All anyone can ever reasonably ask from you is that you are 'yourself'. This workshop will help you be more comfortable in your own skin.

## WORKSHOP TOPICS

- Identify and explore your character strengths and clarify your top 10 values.
- Recognise that each strength has a weakness; that you are perfectly imperfect
- Learn & practice the art of self-acceptance
- Turn your inner critic into a loving teacher
- Motivate yourself positively by learning the art of reframing
- Practice taking responsibility rather than 'blaming' yourself & others
- Understand the nature of guilt and how to loosen its hold on you
- Clarify your boundaries and practice saying 'no' when you really want to
- Use journaling to explore your feelings and gain clarity in your life
- Set goals & intentions in major areas of your life
- Explore the harmful effects of gender stereotypes
- Clarify & communicate your needs without taking responsibility for other people's reactions.

## FACILITATOR



Kristyn founded Expand Now with a deep calling to lift the confidence of women. She has extensive experience as an international leadership coach & educator, world-class facilitator and emotional intelligence educator. Kristyn has a Master of Business, is an NLP Master Practitioner & Trainer, Edward deBono Creativity Facilitator, experienced Emotional Intelligence (EQi 2.0) practitioner & coach, and a Generative Change Therapist.

## ENQUIRIES & BOOKING

**Members \$95 • Non-members \$125 • Teens \$65**

For more information scan this QR code. While you are there join our BLOG, be inspired by our poetry, and check out our 2024 Events Calendar

