



Jann Cyr – Creator and Facilitator of a great self-awareness workshop:

“How to not take things personally!”

One Day workshop

This workshop is for those who want more personal development to understand more about themselves and move forward with more clarity, confidence and compassion. This workshop not only enhances better relationships at work, but also within your families and communities.

By the end of the day, you will achieve:

- Self-Assessment: Why do I take things personally
- Awareness of your current beliefs
- Identifying what “Buttons” get pushed
- knowing when our “Stuff” can interfere in communicating effectively
- the ability to relieve stress, breathe and live a happier life

Workshop Facilitator:

In order for me to change, I had to look at myself and figure out who I was, what do I want to become and why do I even exist?

An Elder once told me, “Everything happens for a reason.” I wondered how could that be, I’m a nice person, I listen, I comply and I help others! However, that is not the case – I had to figure out why I had not set my own boundaries and learn to empower myself to become more confident in myself.

I share my own stories and use some animation and humor to help participants understand it in a way that they can relate to within themselves.

Jann Cyr – Group workshop facilitator and speaker

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