

Let Your Voice Be Heard Sign up at www.tobeycrockett.com

Once a quarter workshop – 6 weeks duration, limit 8 people Thursdays at 5 pm PST \$125

- Learn how to ask for what you want
- Gain confidence
- Learn the art of negotiating
- Develop practices
- The gift of listening and being heard

Learn how to ask for what you want, how to represent yourself, to use your voice, be confident and successful in negotiating. These are skills everyone should have, and yet, for women especially, they can remain elusive. In no small part, this is because understanding how to wield our personal power is not an art taught in the everyday world, but rather kept to a more elite and rarefied environment. And there is also the problem of knowing what it is we want – if we are secretly at cross-purposes with ourselves, it is no wonder that we may find that we have difficulty accomplishing a specific goal. This six week session in building strength, skills and confidence meets for about an hour on a conference call. Some very light assignments will be suggested to help you squeeze the most from this life-changing workshop in owning and loving your own personal power.

Summer dates: June 15, 22, 29th and July 6, 13, 20th 5 pm Pacific/8 pm Eastern (Registration closed)

Fall dates: September 7, 14, 21st and October 5, 12, 19th at 5 pm Pacific/8 pm Eastern



Empath As Wise Woman Sign up at www.tobeycrockett.com

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- Explore the life of an empath: intuition as super power!
- Releasing myths about the empath as an oversensitive victim
- Physical tools for defense
- Metaphysical tools for defense
- Create a team

Learn how to defend and protect your inner world and psychic space even as you embrace and welcome an increased accuracy and capacity of your intuition. We will explore techniques for deepening your abilities to “hear” into the hearts and minds of others, and to receive “messages” from the Universe. At the same time, and unlike much information floating around the internet these days whenever the topic of being an empath or intuitive comes up, we will explore how being an empath does not mean you are vulnerable to every toxic thought that crosses your path. Learn how to stand strong, reach into your power, wisdom and compassion, establish healthy boundaries, use both physical techniques and metaphysical tools to create safe space, and create your own team of helpers, guardians and wise women in your life. Some very light assignments will be suggested to help you embrace your own light and power.

Summer dates: July 27th and August 3, 10, 17, 24 and 31st at 5 pm Pacific/8 pm Eastern

Fall dates: October 26th and November 2, 9, 16th and December 7th at 5 pm Pacific/8 pm Eastern