



SIGNATURE TALKS, PRESENTATIONS & WORKSHOPS

The Art of Intuition

Lecture:

Have you ever wondered where your gut feelings come from? Learn how intuition helps you identify that source in this lecture and discussion. Everyone has intuition, but sometimes we need guidance in learning how to use it. It's a powerful tool we are all born with, and it ebbs and flows, depending on where we are in our lives. Sometimes called a sixth sense or inner GPS, intuition can serve as an empathetic meter that helps you live with a more profound sense of knowing. It can help you live on purpose and with purpose and deepen your definition and understanding of yourself.

Workshop:

VISUAL DIAGRAMMING: Invoking Gratitude

Most people have great ideas; sometimes, plans get stuck in their minds, and they need help organizing their thoughts and goals. When you put your ideas on paper, you commit to them at a higher level. In this workshop, we look at the nine key areas of life (including gratitude) in a mindful exercise that helps you develop empowering statements in each area. By focusing on what we are thankful for, we can discover a new way to fuel a vision for transformation. We can invite opportunities for manifestation by invoking gratitude. You'll learn how to visually diagram these new intentions and gain a greater sense of clarity and inspiration. No prior experience necessary.

Benefits to Attending:

Be inspired to move forward, and find a great sense of peace & purpose

Discovery

Recharge

Ignite

Visualize

Engage, Elevate Your Energy

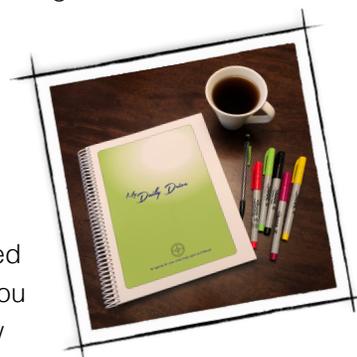


Denise DiGrigoli is an acclaimed entrepreneur, author, intuitive life coach and business strategist who helps others recognize and connect with their potential and purpose. She has helped many people to demystify intuition and illustrate its viable uses in their business and professional lives. Her mission is to help people harness their innate ability to problem-solve and achieve high goals. Denise guides people from all walks of life—creatives, entrepreneurs, and business executives, students, parents and overall curious people, —to use their intellect, creativity, and perception to help realize their goals while creating a growth mindset.

Interactive Talk with Break out Session:

CREATE YOUR PERSONAL ROAD MAP FOR SUCCESS.

The "My Daily Drive", An Agenda for your Mind, Body, Spirit & Lifestyle, is a pioneering method for reflection, renewed clarity, revived sense of purpose, gratitude, reduced stress, improved communications, and relationships, as you release what you don't need and create more of what you want in your life with a new "daily drive".



Workshop:

Live Your Life Intuitively

This workshop lets you try out different ways to elevate your perception and propel your way forward in life. Tap into your natural flow of original ideas with activities that teach you how to flex your intuitive muscles. When we let go of the attachment to an outcome, we create a space for intuition to sing and our thoughts to become things. Learn techniques to use your own creativity and curiosity to expand your insight, care for yourself, and nurture your growth.

Workshop-or- Private Session: 1-to-1:

VISUAL MAPPING: Personal INTENTION & GOALS

Work with Denise DiGrigoli to discover how visual diagramming can be transformational. Identify, enhance, and chart the course of possibilities your personal intentions and goals. Writing, diagramming, or drawing out your ideas with this unique technique, on paper enables you to commit to them at a higher level. Experience a new method for visually diagramming and sketching a mind map of your intentions, illuminate your path ahead, as you strengthen your connection with your authentic self. No prior experience necessary.

FOR MORE INFO ON OUR WORKSHOPS OR BOOK DENISE TO PRESENT

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