



Happy April! Happy Spring!



Respect & Self-Respect

Woodland Park, Colorado has an online group called W.O.W. (Women of Woodland). They have given me many topics on which they would like me to speak/teach on. I have agreed to teach one topic every three months. April 26, I will be doing a discussion group with them on Respect & Self-Respect. Learning the difference between the two is so important when learning to value yourself and work on your self-esteem. It is also helpful in validating your worth and knowing what boundaries to set.

April Blog! April Fools - Belief VS Truth

I got thrown for a loop, I had planned to write the blog on

April Fools with a particular underlying topic, however the information I researched took me in a new direction. Click on the link and read this month's blog, you may be surprised as well! [Click to Read April's Blog](#)



Next Step With Clients

As I work with different clients, I begin to learn what works for each individual and what doesn't. Sometimes it's not if I think it will work, but if they think it will. Lately, I have been taking my clients out into the real world to practice what they have been learning. I am there by their side for support but they are doing the work. I am blessed to have clients who are willing to take that next step!

Website Has a New Look!

While putting last month's newsletter together, I had to make a change or two on the website. It caused me to have to change the look of the website, which is now in a better font and easier to navigate. The blog page is a lot nicer, a newsletter page was added with pictures at the bottom of that page. You can also sign up to receive the newsletter on the website now. Check it out! [Click Here](#) to see the new changes



With Blessings and Respect,
Cynthia Sipes, CLC
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