



**HeartFire**  
Academy

# WORKSHOPS



*Just a taste of what we have to offer...*

## **General**

- Boundaries & Self-Care
- Cultivating Presence
- Positive Mindsets
- Emotional Resiliency
- Creating your Best Life

## **Parent Care**

- Emotional Regulation
- Healing Past Traumas
- Self-Care Essentials
- Renewing Relationships
- Self-Compassion
- Getting your Fire Back
- Homecoming

## **Corporate Care**

- Emotional Intelligence at Work
- Attachment Styles & Leadership
- Solution-Focused Communication
- Work-Life Balance
- Optimism & Grit

## **Youth Care**

- Emotional Regulation
- Self-Care Essentials
- The Art of Connection
- Navigating Conflict
- The Gratitude Difference
- Cultivating Resilience
- Living your Vision