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Personal and Professional Empowerment

Self Empowerment Coaching Program

Overview

Cultivating self empowerment is a process of developing a deeper relationship with our true self and coming into alignment with the powerful energy that is at our core. It is opening ourselves to the inner communication and guidance that is always being offered from within to assist us in living the valuable, unique and powerful lives we are each here to live. True empowerment comes from understanding that no matter what situation we are experiencing, we have the ability to access and align with the source energy within us, and begin to create a new experience in any moment.

The key to cultivating self empowerment is to exercise your freedom to focus your mind and choose what to think about and how to think about it. The best question you can ask yourself on a regular basis is, "Am I thinking about what I want to experience, or what I don't want to experience?" And if you will pay attention to the emotion within you, you can feel, every time, the direction in which you are focused.

Why is our choice of thoughts so important? Because every thought we think vibrates and pulses with energy, and the energy of the thoughts we think either harmonizes with our powerful inner core energy, or muddies our inner waters, creating a feeling of discord. We can feel whether the thoughts we are thinking are empowering us, or disempowering us, giving us the important inner feedback to make new choices!

Cultivating self empowerment can help you to:

- *Deepen self-awareness and confidence*
- *Cultivate feelings of joy and well-being in every area of life*
- *Allow desires, goals and new experiences to manifest effortlessly*
- *Learn clear and effective decision-making skills*
- *Understand the cause (and remedy) of stress, anxiety and worry*
- *Develop powerful listening and communication abilities*
- *Build trusting, respectful relationships*
- *Resolve conflicts and diffuse tensions*
- *Positively influence and inspire others*
- *Move through change with ease, flexibility and resiliency*

The primary purpose of the Self Empowerment Coaching Program is to give people the important knowledge, tools and support to remember and connect with their core source of power in order to create and experience the valuable life we are each here to live. The three primary components of the program are:

1. **Remembering Who You Are:**
Understanding your true nature and learning to align with your core self
2. **The Language of Feeling:**
Learning to communicate with your true self (3-C Communication™)
3. **Remembering Why You're Here:**
Learning to consciously create any experience you desire for your life

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