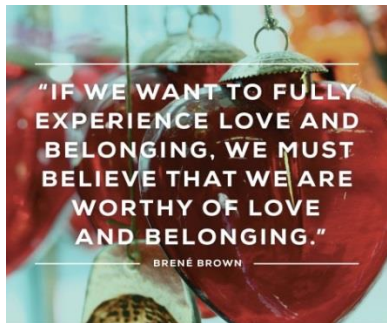


Happy to Joyful: Letting Go of Shadows and Self-Sabotage

Navigating Life with Courage, Compassion and Connection
based on the research of Brené Brown



Does perfectionism paralyze you?

Does your inner voice say:

- What will people think if I fail or give up?
- When will I stop feeling the need to prove myself to others?
- I will be happy once everything is perfect.
- I must hide my imperfections to be accepted.
- Change is uncomfortable. How do I connect with my worthiness without the hardship of change.

Are you ready to embrace a life of joy, connection, and purpose?

Join us on the journey from feeling fearful, judgmental and alone, to cultivating the gifts of courage, compassion, and connection.

Together, with your like-minded community, we will learn:

- **Cultivating Authenticity:** Discover the power of being true to yourself and letting go of societal expectations.
- **Practicing Self-compassion:** Learn techniques to treat yourself with kindness and embrace your imperfections.
- **Building Resilience:** Develop a resilient spirit by practicing gratitude and hope in everyday life.
- **Embracing Joy and Gratitude:** Explore ways to invite more joy into your life through gratitude practices.
- **Trusting Intuition:** Strengthen your ability to trust your inner wisdom and make decisions with confidence.
- **Expressing Creativity:** Unleash your creative potential and find joy in self-expression.
- **Valuing Play and Rest:** Understand the importance of play and rest for a balanced and fulfilling life.
- **Cultivating Calm and Stillness:** Practice mindfulness and meditation to find peace and clarity.
- **Finding Meaningful Work:** Align your work with your values and passions to create a sense of purpose.
- **Celebrating with Laughter, Song, and Dance:** Incorporate joy and connection through shared moments of celebration.

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Learn how you self-sabotage and how your shadow gives you untended impact that you are not aware of.

Discover a life full of authenticity, courage, connection, and joy.

Program Highlights:

- **Interactive Sessions:** Engage in hands-on activities and group discussions to apply guideposts to your own life.
- **Expert Guidance:** Learn from an experienced facilitator and certified coach who will provide insights and support throughout the workshop.
- **Community Building:** Connect with like-minded individuals and build a supportive network for your journey to wholehearted living.
- **Practical Tools to get this work “in your bones”:** Receive worksheets, exercises, and resources to continue your practice at home.
- **Intimate Community:** Group size is limited to a maximum of 12 participants.

This work is about learning to love our imperfections, reconnecting to our worthiness, and becoming firmly grounded in a deep sense of love and belonging. It’s about saying, **“Enough is enough, because *I* am enough!”**

When and where: September 21, 2024 through June 28, 2025, 8 – 11:00 AM PT. One Saturday monthly via Zoom platform.

Cost: \$227 +GST CAD monthly (payment in full) or \$257 +GST CAD monthly. Includes 11 modules. Payment by cheque, PayPal or e-transfer.

To register for the 10-month program: email Anita at anita@anita-anand.com

About Anita: Anita has a degree in Psychology and was a Montessori Teacher/Principal for over 25 years. She has her credentials as a Certified Professional Co-Active Coach (CACC) from the Coaches Training Institute as well as her Professional Certified Coach (PCC) credentials from the International Coaches Federation. In addition to being a personal, leadership and team coach, Anita is also a speaker, a Certified Daring Way™ Facilitator and a Certified Dare To Lead™ Facilitator for Dr. Brené Brown’s work.

