

Workshop

Shine and Thrive

Boost your confidence,
self-worth and Visibility

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WORKSHOP

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12,13 or 14th October, 2023

12:30-5pm



Hove

Self-Worth

Having a healthy sense of self-worth is crucial for overall well-being and personal fulfillment. When you possess a positive self-worth, you have a deep appreciation for yourself, accept your strengths and weaknesses, and treat yourself with compassion and kindness.

Self-knowledge

Explore who you are and want to be known for in your life, career, and workplace. Knowing yourself strengthens your boundaries and abilities. Discover what happens when you gain a new perspective, and how this exploration changes the actions and decisions you make.

Self-Confidence

Enhance your confidence and overcome any fears about being in the spotlight. Ask for what you want with ease and enjoy being you.

Visibility

Position yourself better at home in the market and with your relationships. Understand the ripple effect when we are seen, heard, and known by others. Embodying who you are raises your profile at work, with friends, partners, peers and family.

Why is worth it

When you have a deeper understanding of who you are, you are confident and happy in your skin. You are ready for deeper relationships, better jobs, or more clients. As you value your worth, so the world does too handling anything that comes your way. Opportunities present themselves making life more enjoyable; this is a beautiful place to be.



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Workshop Announcement

Boost your confidence, self worth and visibility

Dear learner,

I hope this email finds you thriving. I have some exciting news to share with you! We are hosting a fantastic workshop in October. Introducing "Shine and Thrive" – a game-changer for anyone seeking to amplify their confidence, self-worth, and visibility.

This workshop is all about unlocking your hidden potential by tapping into your subconscious. We'll dive deep into your identity, values, and purpose, and even uncover some incredible skills you never knew you possessed. These findings will provide clarity on the what, why, and when, while supercharging your confidence and sense of self-worth. Plus, we'll show you how to position yourself brilliantly in the market, paving the way for a more satisfying and easier life.

But wait, there's more! This workshop isn't just informative; it's also dynamic, powerful, and downright fun! We'll be mixing things up with different teaching styles, ensuring that you're fully engaged and enjoying every moment.

Here's the thing: Life doesn't have to be a struggle to be amazing. "Shine and Thrive" smooth out the path, empowering you to live life on your own terms.

Picture yourself in a cozy and safe environment, surrounded by like-minded individuals who are just as eager to learn and grow. This an incredible opportunity to expand your mindset, amplify your life, and make lasting connections.

Don't miss out on this opportunity! Secure your spot by clicking on the link below. Keep in mind that spots are limited, and once they're filled, we close enrolment right away.

If you have any questions or need more information, feel free to shoot me a message. I'm here to help you every step of the way.

Get ready to boost your confidence, embrace your self-worth, and shine brighter than ever!

Live& Love,

Marina

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Benefits of joining:

- **Discovering the power of self-worth:** Understand the significance of recognizing your own value and embracing your unique qualities.
- **Enhance your self-confidence:** Ask for what you want with ease. Learn practical techniques and strategies to unleash your full potential and accomplish your goals.
- **Building resilience:** Develop the ability to bounce back from setbacks and embrace a growth mindset.
- **Cultivating self-compassion:** Nurture a healthy relationship with yourself and practice self-compassion as a foundation for personal growth.
- **Overcoming self-doubt:** Identify and challenge self-limiting beliefs to overcome self-doubt and achieve success.
- **Enhance your visibility:** Position yourself better at home, in the market and with your relationships. Set boundaries, and maintain healthy relationships.
- **Creating a positive mindset:** Learn techniques to cultivate a positive mindset, banish negativity, and embrace self-empowerment.
- **Interactive exercises and group discussions:** Engage in activities and group discussions that encourage self-reflection and self-expression

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