

# DIY Workshop: Moving Forward Authentically



All growth involves letting go of something, and then consciously choosing something different, more fulfilling, more true, more YOU. This package provides support and resources to help you release the past and joyfully move toward authenticity.

## Web-Coaching Session: Letting Go, Moving On

All growth involves letting go of something. Living a free and joyous life requires returning to our true selves. It is not a process of attaining, gaining or building. It is a process of letting go, consciously and systematically, of layer upon layer of false beliefs and identities that prevent us from engaging authentically with the world around us. This stripping away eventually reveals the Truth—always peaceful, kind and inclusive—that we need to make decisions and move forward in our life. This private web-coaching session helps you identify common obstacles to authentic living and ways to release them.

## Web-Coaching Session: Live with Intention

What you expect, you experience. What a humbling and empowering truth. Change your expectations and you change your experience. Learn the practice of setting conscious intention to change your expectation—and therefore, your experience—in any situation. Yes, you ARE that powerful! You are already creating your experience like this whether you are conscious of it or not. Once you become conscious of this fact—and begin to choose empowering intentions—you will find yourself in a self-perpetuating, positive, growth-oriented spiral of experience. In this private web-coaching session you will gain guidelines and an action plan to start living with intention.

**Young Living Therapeutic Grade™ Essential Oils** are the purist essential oils available, delivering the optimal blend of plant chemicals for maximum potency and desired therapeutic results. Because essential oils work on all levels—physical, emotional, mental, and spiritual—they are a powerful tool for holistic wellness.



**Envision Essential Oil blend** (5 mL) stimulates creativity and resourcefulness, encouraging renewed faith in the future and the emotional strength necessary to achieve your dreams. This is a blend of spruce, orange, sage, geranium, lavender and rose essential oils.

**Believe Essential Oil blend** (15 mL) helps you overcome feelings of despair and move to a higher level of awareness. Releasing your unlimited potential, this blend contains Idaho balsam fir, rosewood and frankincense essential oils to encourage feelings of strength and faith.



**Release Essential Oil blend** (15 mL) is a blend of sandalwood, ylang ylang, geranium, blue tansy and lavandin essential oils that facilitates the ability to let go of anger and frustration. Repressed negative emotions lie at the root of many health concerns. Release promotes harmony and balance in the mind and body.

## And More...

- Daily emails to inform and inspire
- 2 guided meditations (mp3): “Meeting Past Selves” and “Letting Go of the War”
- 3 additional coaching sessions can be purchased upon completion at deep discount (\$300 value for only \$99)
- Additional Young Living products can be purchased at wholesale pricing with enrollment

*Real Change • In Your Space • At Your Own Pace*

Register on-line now



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[www.ExecutiveWellnessCoaching.com](http://www.ExecutiveWellnessCoaching.com)