

Letting Go Presentation – Overview

Author/presenter

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Format

- Adjustable length - 20 to 50 minutes
- Powerpoint Presentation
- Handouts/Worksheets distributed at end of presentation

Required audio/visual

- LCD projector, screen
- Microphone (lavaliere preferred)

Topic Description

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; there is not one more book we need to read or retreat we need to take. Indeed, 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. Letting Go is the way to get unstuck. Letting Go is the way to grow. Letting Go is the way to experience peace. This presentation identifies common obstacles to authentic living and ways to release them.

Outline

1. Letting Go of Ego
2. Letting Go of the Past
3. Letting Go of the Future
4. Letting Go of Approval
5. Letting Go of Guilt
6. Letting Go of Martyrdom
7. Letting Go of Negative Thought
8. Letting Go of The War
9. Dealing with The Truth
10. Dealing With Feelings
11. Dealing With Others

Fee

\$500 + expenses