

BECOMING EMOTIONALLY HEALTHY



TOPICS COVERED IN THIS SAFE, INTERACTIVE 5-DAY WORKSHOP:

- What Are Your Personal Values, Principles, Beliefs, and getting solid with them
- Happiness – Resilience
- 6 Mood Thieves
- Good vs. Bad Habits, How to Make Good Habits Stick
- Creating Your Own Personal Board of Directors
- Life Lessons
- 7 Grandfather Teachings & 7 Powerful Beliefs
- Forgetting What Others Think
- Etiquette & Dress
- 20 Signs You Are Evolving Into Your Own Person
- Stress – Use it – Beat it
- Make Your Own Vision Board

- Discover Your Unique Personality Type
- The 5 Agreements
- 7 Communication Challenges
- 6 Pillars of Self-Esteem
- Self-Esteem/Self-Image/Self-Talk/Self-Compassion
- Signs of Emotional Manipulation
- Establishing Healthy Boundaries
- Emotional Intelligence
- Body Language
- Anxiety



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