

Restore, Balance, and Strengthen in the Self-Care Renewal Project



THIS PROGRAM IS A MEANINGFUL, PERSONAL EXPERIENCE UNCOVERING THE KEYS TO IMPROVING ONE'S OWN SELF-CARE.

Explore the beliefs rooted in your self-care habits and learn to adopt healthy, balanced, invigorating self-care into your lifestyle. The ability to support and maintain one's own well-being also affords the ability to hold space for another person, and provides a strong foundation for growth and gratitude in one's own life.

CEU/CEH Available)

WHAT YOU'LL LEARN ...

- Identify values and core beliefs that influence your self-care habits.
- New perspectives and insight into the *5 Pillars of Balanced Self-Care*.
- Knowledge to achieve intentional and sustainable self-care.
- Identify underlying issues and roadblocks to self-care practices.
- Guided inquiry to compose your own, personalized, sustainable, self-care blueprint.

Register online at www.grieftrainingnow.com, or Contact:

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