



INNER CRITIC: FROM ADVERSARY TO ALLY

2 HOUR WEBINAR

First in an upcoming series on exciting topics

Thursday, October 5, 2017 4:30-6:30 pm Pacific

This informative class is both interactive and experiential.

This 2-hour Webinar will offer 1 hour of instruction, followed by a demo of an Integrative Imagery technique. In this course, you will learn:

- How self-care tools can increase awareness of the inner critic and re-evaluate your values and beliefs.
- The theoretical framework from where these tools are based.
- Five distinct techniques: Reframing an experience, Dialoging with the voice of the critic, use of Inner Wisdom as ally, ancient Tibetan meditation, and cognitive behavioral techniques.

Register at: www.susanezra.com Events and Workshops

Does an Inner Critic impact your life?

Do you want to tame self-criticism?

Want powerful tools & techniques to use with your clients and yourself?

Do you appreciate the power of the Imagination?

WEBINAR

Thursday Evening
October 5, 2017
4:30-6:30 pm PST

Instructors:

Susan Ezra RN, HWNC-BC,
Terry Reed RN MS, HN-BC of
Beyond Ordinary Nursing

Early Bird rate of \$50 until
Oct 1 or \$65 thereafter.