Join Us for a Transformative Week

Event: Transform Your Inner Dialogue

Dates: September 21 - September 25 together

Time: 9 AM - 4 PM

Location: Elders Building

Are you ready to transform your life by changing how you talk to yourself? Join us for an in-depth exploration of personal growth and positive change. Limited to 10 participants for an intimate, impactful experience.

What You'll Learn:

- **Transforming negative self-talk into empowering words**
- **Understanding the impact of time perspectives: past, present, future**
- **The art of forgiveness and releasing the past**
- **Harnessing the power of thought to shape your reality**
- **Emotional intelligence and effective communication**
- **Breaking cycles of anxiety, anger, and shame**
- **Mastering mood shifts and energy for positive change**
- **Choosing happiness over being right**
- **Embracing self-love and appreciation**

Activities include:

- **Engaging in cultural activities.**
- **Daily snacks and lunches**
- **A celebratory lunch on Friday for all participants**

Commitment: Participants must attend the full week to benefit fully from the program.

Register Now! Spaces are limited, so secure your spot today for a week of growth and transformation. For more information and to register, contact [Eliza Johnson].

We look forward to embarking on this journey with you!