Join Us for a Transformative Week Event:

Transform Your Inner Dialogue

Dates: November 23 November 27

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!**