



Transforming Relationships Outline

Would you like to be able to resolve conflicts and change the way you interact with others by using an effective **non-confrontational practice**?

Experienced facilitators, Lisa Throssell and Lindsey Murphy of 11 Principles Pty Ltd, will help you to learn the simple but **effective techniques** so you can make **profound changes** to your relationships quickly and easily.

The 'private' technique involves the use of **inner creative visualisation** and there is no need to discuss your experiences with anyone else in the workshop if you don't wish to.

This practice is especially effective for:

- ✓ **Repairing past and current disagreements**
- ✓ **Moving on from unhealthy relationships**
- ✓ **Improving communication with family, friends, colleagues and strangers**
- ✓ **Forgiving self and others to create inner freedom**
- ✓ **Finding your voice and setting boundaries**
- ✓ **Understanding another's point of view**
- ✓ **Self-healing and personal insight**
- ✓ **Supporting spiritual awareness and expansion**

DATE: 2016

TIME: 3 hours duration

VENUE: East Victoria Park Family and Community Centre, corner of Kent and Gloucester Streets, East Victoria Park.

COST: \$99.00

For further information and to book, please call the office on (08) 9355 5331.
Cash on the day or Credit Card facility available for **pre-booked** places.