

# New Year, New You! Workshops

## How to have everything YOU want!

*It's not what you say out loud that determines your life, it's what you whisper to yourself that has the most power!* Learn how your negative self-talk and limiting beliefs are formed, where they are stored, and how they impact the life choices you make. You will also learn how to change limiting thoughts to positive self-talk that propels you towards your dreams.

### Upcoming Events:

February 10, 2018 9 am—12 pm

**The Power of Visualization and Affirmations**

March 10, 2018 9 am—12 pm

**Working Through Fear**

Tickets are \$125, held at same Location

**Date:** January 20, 2018

**Time:** 9:00 AM—12 PM

**Tickets:** \$125

Purchase tickets through:

[www.eventbrite.com/e/new-year-new-you-tickets-41181116829](http://www.eventbrite.com/e/new-year-new-you-tickets-41181116829)

Workshop presented by:

### **Art for the Heart Counseling**

*Harnessing the Creativity within to heal, grow, and move forward.*

1000 E. Walnut St., Suite 235  
Workshop held in Conference Room  
Pasadena, CA 91106  
(626) 365-1242

[www.artfortheheartcounseling.com](http://www.artfortheheartcounseling.com)



### **Guest Speaker**

Beatriz Garcia is a Personal Life Coach, Author, and Speaker, is passionate about helping adults heal and be empowered to live the life of their dreams.

For more information, visit:

[BeatrizGarcia.me](http://BeatrizGarcia.me) or contact

[EmpoweringNow@BeatrizGarcia.me](mailto:EmpoweringNow@BeatrizGarcia.me)