

Finding Your Center

Uncovering the Peace and Strength Already Inside You



What would your relationships be like if you loved yourself first?

What would it take to feel like you are enough?

Where do you find the courage to accept yourself as you are?

Find out.

When we depend on the love and approval of others in order to feel good, we surrender the power to love ourselves. We can end up feeling stuck, empty, and joyless. The extent to which we source our sense of self-worth from inside or outside impacts every aspect of our lives, and affects how we show up in the world.

In this interactive and experiential workshop we will examine the sources of our feelings of self-worth, and learn some tools to help us rediscover the peace and strength that comes when we love and accept exactly who we are right now.

Where: Unitarian Universalist Church of Arlington
4444 Arlington Blvd, Arlington, VA 22204

When: Sunday, November 4, 2018, 3-5PM

Cost: \$25

Registration by email: AtYourCenter@gmail.com (Subject: Register FYC)

Facilitator: **Tom Mulczynski**, Certified Professional Coach



Join our mailing list at ACenteredLife.org or send a request to: AtYourCenter@gmail.com (Subject: Subscribe)

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