

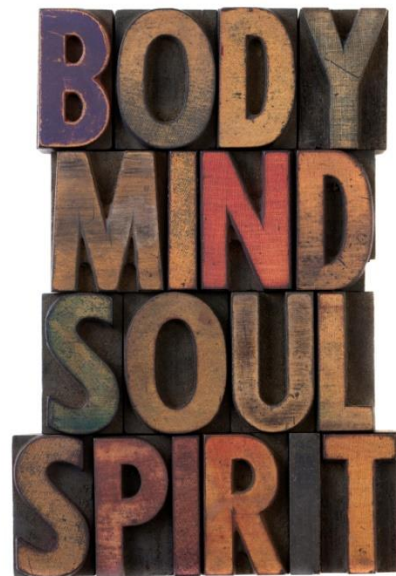
Increasing Self Awareness

Self awareness is an important part of everyday life. It transfers over to your personal, social, physical and work life. Self awareness can help one gain a better understanding of oneself, and how to live a better, more fulfilling life. When working to deepen one's own self awareness, it is important to fully engage yourself. One should take the time and proper steps, to fully become self aware.

With the Increasing Self Awareness workshop, your participants will learn how beneficial becoming more self aware can be. A highly self aware person will become more equipped to deal with daily life and its challenges. Through this workshop, your participants will gain a new perspective on themselves and their emotions.

Workshop Objectives:

- Define the self and different aspects of the self
- Learn from introspection
- Understand the nature and value of emotions
- Appreciate oneself
- Appreciate others
- Improve effectiveness



For more information on this workshop please contact:

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