

# ReAwaken Your Joy! Workshop



## ReAWAKEN YOUR JOY!

*JOIN US FOR AN INTERACTIVE 3-HOUR  
WORKSHOP designed to bring joy into your life.  
Allow life to be good to you!*

**A big big thank you for your interest in this workshop!** There are no mistakes. You found this information because you were searching for more out of life. And, that's really good news because this workshop is a great way to grow into your dream life of joy!



**Date/Time:**

Saturday, October 13, 2018

9:15 am Registration & Sign-in

9:30 am - 12:30 pm Workshop Sessions (see below for details)

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**Description:**

This 3-hour workshop is designed as a mastermind gathering. Initial teaching during each session, followed by mastermind training with questions and answers. Deep and enriching segments to refresh and renew your joy. True understanding of the principles of the Law of Attraction and how they affect your life.

You will be given tools and processes that will help keep you on track to what you want in your relationships, health, finances, and spirituality. This is a safe-zone to discuss whatever you desire. The coach is willing to talk about anything with the group. Questions are encouraged as that is how we learn to apply these principles to make a joyous impact on our life experience.

The goal of this workshop is to have fun and enjoy this experience! We are valuable and worthy beings who are here to experience as much joy as possible. Joy is true success!!

This is the first in a series of workshops for RYJ. It is an excerpt of the 3-month coaching program offered for one-on-one and group clients.

**Location/Contact:**

Facilitator: Mary Ann Pack, Holistic Life Coach (call/text 903.227.0273 please leave a detailed message is unavailable to answer)

Location: The Creative Arts Center, 200 W 5th Street, Bonham, Fannin County, TX

Website: <http://maryannpack.com/events>

Email: [maryannpackcoaching@gmail.com](mailto:maryannpackcoaching@gmail.com)

**Investment & Deadline:**

*Limited to 16 participants! Get your registrations in early!*

Investment: \$57 registration/prepayment closes October 11, 2018 7:00PM

Includes: CAC room rental, handouts, refreshments, facilitator, 5% donation of profits to Fannin County Children's Center

**Venue:** The Creative Arts Center

- Cozy Room with counter and sink
- 4 round tables with 4 chairs each (total 16 participants)
- Intimate setting, quiet, bright and sunny
- Restrooms

**Participants - What to Expect | Bring | Wear:**

- This will be a sacred space to honor yourselves and each other. Conversations and discussions will be confidential and kept in the room. Honor each other's questions. Apply their question to your life experience and you may discover something new!

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- The point of the workshop is to remove yourself from your daily routine so that you can focus on you and your personal self-care and growth.
  - Wear comfortable clothing and shoes; you may want to bring a sweater or shawl if you tend to get too cool.
  - If you require a pillow to keep your back comfortable, please feel free to bring one.
  - Cell phones will be turned to silent (please check phones at breaks only).
  - Morning Snacks, Coffee, Tea, Water (if you require special foods, please bring them with you).
  - Bring a pen that is comfortable to write with, make it special just for today!

### **Schedule Outline:**

9:15 a.m. - Registration

9:30 a.m. - Workshop Opens - Welcome

9:50 a.m. - 10:50 a.m. - Session One

- **Law of Attraction & How it Affects Our Joy**
  - Basic understanding of the principles of the Law of Attraction
  - What was our intention as we came into this time-space reality?
  - What are the three main steps of LOA?
  - Exercise for application of LOA

10:50 a.m. - 11:00 a.m. - Break | Restroom | Refreshments | Refills

11:00 a.m. - 12:00 p.m. - Session Two

- **Thoughts & Feelings Create Our Life Experiences**
  - How to know which direction I'm heading.
  - Why does it matter how I feel?
  - What's my soul/spirit/Inner Being doing in there anyway?

12:00 p.m. - 12:30 p.m. - Summary | Participant Response Cards | Closing

- Participant Response Cards - Please complete prior to leaving
- 3 Key Takeaways from the Workshop
- What's the Next Step?

12:30 p.m. - 1:00 p.m.- Clean up and Out of Room

If you have any questions, please don't hesitate to call or text Mary Ann at 903.227.0273 or email questions to [maryannpackcoaching@gmail.com](mailto:maryannpackcoaching@gmail.com).