

Soaring with Signature Strengths

~ your personal allies for recovery and for life ~

4-Week Workshop Series

*And out you stepped onto new ground,
Your eyes young again with energy and dream,
A path of plentitude opening before you.*

– John O'Donohue

~ **WEDNESDAYS 6-9p** ~
July 12 thru August 2

\$150 Early Bird (by June 30)
\$175 Regular Rate (July 1 & after)

Led by Carolyn Jennings, a Journal to the Self® Certified Facilitator,
and Eating Disorder Intuitive Therapy (EDIT)™ Certified Practitioner.

Your innate strengths in their unique combination are always available to help you heal from pain, deal with obstacles and lead a happy, whole, meaningful life. Yet, these inborn strengths are such a natural part of you that they can be hard to identify and rally. In this 4-week group, you will:

- pinpoint & understand your particular innate strengths
- clarify how these assets serve you
- explore how to apply them more consciously to deal with challenges and to increase life satisfaction
- live, fortify, vitalize and intimately observe selected strengths in the weeks between each group

Your “strengths vision” will invigorate your relationships, your work or study, and advocating for yourself in any situation. A strengths-based approach to living is honest, positive, empowering, energizing and connecting. This workshop is a time to learn more about your True Self, to express and believe in your health and strengths.

LEARN MORE & REGISTER AT:

PositivePathways.com/workshops-and-groups

**165 Cook Street
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FREE PARKING
in open lot behind building
- spaces next to building are permit only -

720-606-3242