

**Personal Transformation run by Sheila Steptoe**

**Date: 25/09/2010**

**One day Special Workshop**

**Time: 10-4.30pm**

# 'Your Awakening' To... Master Your Own Destiny



Imagine what life would be like if you had some powerful and revealing information on how you can open up your life in ways you may never have dreamed of. Time to nourish yourself, boost your confidence PLUS get a clearer sense of who you are & what you want from life.

**Come and discover some simple insights which could change your life for ever**

**The skills and knowledge you will learn will last a lifetime.**

#### **7 key steps in this stimulating Master class**

- The simple truth about your thoughts, actions & relationships
- Letting go of your core conditioning and resistance
- The Power of your mind - HOW and WHAT we THINK we CREATE
- Understand more about the universal energy surrounding you
- The power of following your intuition, meditation and visualization
- Believing in yourself - finding the beauty and peace within
- Goal setting - achieving SELF success

#### **The benefits**

- Achieve more - personally and professionally
- Change your mindset to 'REALLY LIVING'
- Feel much more peaceful and content with a new 'inner-knowing'
- Build on your confidence and learn new skills
- Have more direction and focus
- Learn how you are in control and see fantastic results
- Start to implement those great ideas you have
- Relax and put fun and excitement back into everything you do

**Special offer—£75 per person or  
£50 per person for 2 or more bookings—  
includes tea, coffee & lunch**

**Venue: Ramada Hotel  
Whitchurch Road (A41)  
Christleton,  
Chester CH3 5QL**

**Personal Transformation run by  
Sheila Steptoe**

**To book your place please**

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