

Become Your Own Best Friend and Guide



Do You Sometimes

- Get overwhelmed or stuck in painful self guilt and blame?
- Say or do things that seem to block you from connecting with people in the ways you most want?
- Find yourself making choices that get in the way of you reaching your goals?

Would You Like to Learn To

- Let go of blame while embracing responsibility and leaning into new actions in your life
- Be open and genuine in your connections with people
- Make choices that support you in achieving your dreams

Join This 4-Week Workshop

To investigate how to develop compassionate inquiry to bring authenticity and clarity to your relationship with yourself and others and integrity and power to the choices you make.

Wednesdays July 1, 8, 22, and 29 from 6:00 - 8:00 PM

2014 Northside Drive, Blacksburg

\$70.00 (for full 8-hour workshop)

Inquire or **Register** by June 24th to patriciabevan@mac.com

Instructor

Patricia Bevan, MS

Certified Trainer for the Center for Nonviolent Communication (<http://www.cnvc.org>)

Summer 2015 workshop of *Compassionate Connections* Community Life-Skills Workshops

<http://compassionate-connections.org>

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