

EMBRACE YOURSELF ~ LIVE YOUR LIFE!

Come on a powerful journey that will enable you to flourish in 2019 & beyond

An expanded day on Saturday June 15th 9.30am – 7.00pm

Heptonstall Bowling Club, Acre Lane, Heptonstall, Hebden Bridge HX7 7LT

You will (amongst other things)

- 🕒 identify your strengths and supports
- 🕒 review your current life using coaching tools
- 🕒 paint/collage your journey or tell it as a story
- 🕒 make masks which both cover and uncover aspects of your true self
- 🕒 choose how you want to be in the next phase of your life
- 🕒 create meaningful touchstones



Curious? There is a free Zoom intro. evening on **Monday 20th May 7.30-9.00pm**
Zoom link <https://zoom.us/j.9710033148>

Sensitively lead by: Zoë Grace Cozens - Integrative arts facilitator,
life coach, mentor, writer and singer Maximum 12 spaces

Course costs: £100 £40 deposit Conc. £75 £20 deposit Costs can be spread

To register: <https://bit.ly/2GwtReN> or to buy a place using a credit card
<https://www.ticketsource.co.uk/leapfrogtraining>

Any questions call or WhatsApp Zoe Grace on 07813 03573 or email
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