



# Learn how to *empower* yourself



## EVOLVE

### Benefits you will experience:

- You will see the survival strategies you formed as a child that keep you from living the amazing life you were meant to live.
- You will connect with your deepest emotions in a fun, loving, safe space, with experienced coaches to guide and support you.

Based on Dr. Alfred Adler's theory of individual Psychology, our limiting beliefs form in early childhood and disrupt our lives as adults below our level of awareness.

An immersion weekend of self-discovery

*3-day weekend workshop  
for Adults of All Ages!*

## WHAT YOU WILL GAIN FROM THIS COURSE

- Connect and embrace your emotions
- Gain a deeper understanding of yourself
- Genuine relationships with others
- Have boundaries while staying loving and empathetic
- Break limiting beliefs that keep you stuck
- Be empowered to make important decisions and go for your dreams

*Register Online Today!*

*Contact Tawnya Perry*

**754.204.8225**

**Dates: January 12 - 14, 2024**

**Time:** Friday 6-10pm; Saturday 9am-10pm;  
Sunday 9pm-7:30pm  
(All ending times are approximate)

**Where:** Deerfield Beach, FL

FOR MORE INFORMATION [WWW.EVOLVE-COURSE.COM](http://WWW.EVOLVE-COURSE.COM)