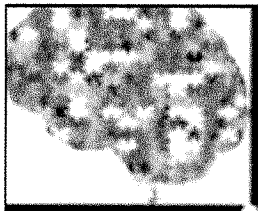
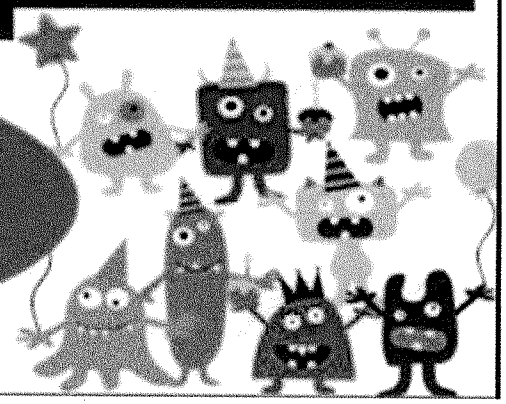


Embrace Within ~ ASL Mindfulness Series

"Manage the Monsters in your Mind: your Inner Remedies & Positive Energizers"

Brain at Work * ANTS * Coping Techniques * Embrace & Let Go

Suzanne Guimond MA
ICF Certified Embrace Within Coach



Mon. Oct. 28th 4 pm – 8 pm Limited Seats – 15 CEUs: .4 hours $45 Non CEUs: $25 Register by 10/27 Get Tickets Icon or Eventbrite link https://www.eventbrite.com/e/manage-the-monsters-in-your-mind-your-inner-remedies-positive-energizers-tickets 77053841113.

Info: Suzi@CoachbySuzi.com LUNA Language Services 8935 N. Meridian St. #250 Indianapolis, IN 46260

Right green box with white text: Participants will * Identify & recognize their triggers & the 9 common ANT causes from within. * Apply daily simple, effective, & soothing mindfulness techniques to put into practice at any time. * Comprehend their own brain functions at work, managing their ANTS, and their mindsets. * Brainstorm & transform their simple & effective remedies to utilize during triggering times. * Embrace, minimize, & manage their "Monsters" with breathing and visualization techniques. Target Audience: Fluent ASL users, Interpreters, Teachers, Counselors, ASL ITP students, and interested individuals. Request for accomodations: by 10/21 Email to Suzi@CoachbySuzi.com Full refund will apply if accomodations are not provided.