



Life Mapping Program

Understanding your past to create your future

Professional

- Gain insight into your leadership style
- Identify what empowers you to inspire and lead
- Notice triggers that disempower you in workplace interactions
- Learn techniques to change negative patterns
- Learn how systems work and how organizations can be led with consciousness and creativity
- Develop compassion towards co-workers, employees and clients through increased awareness of what motivates people
- Learn techniques to stay fulfilled and passionate in your work

Personal

- Develop an understanding of positive and negative messages from childhood that were scripted based on life experiences
- Increase self-awareness and ability for self-care to promote clarity and holistic health
- Increase awareness of strengths and gifts for personal wellbeing
- Increase understanding of negative and limiting beliefs passed on through generational patterns
- Learn techniques to release the old patterns and replace with empowering beliefs
- Recognize roots of stress and their impact on health and development

Designed for Leaders, Professionals, Executives

A 10-week program consisting of weekly one-hour meetings

- Week 1- Roots of Gratitude
- Week 2- Roots of Self-Love
- Week 3- Roots of Self-Care
- Week 4- Identification of personal patterns
- Week 5- Roots of Self-Esteem

- Week 6- Roots of Acceptance
- Week 7- Identification of leadership style
- Week 8- Roots of Self-Reliance
- Week 9- Identification of professional patterns
- Week 10- Closing Session

Fee: \$5,000 (Facilitated by Meg Flynn, MA, LMFT)

\$3,500 (Facilitated by Brittany Reinke, MS, LMFT or Stefanie Okeson, MA)

CEUs/Contact Hours: 24

