

Empowerment

A Guide Through the
Empowerment Process:
Learn How to Stay Connected
to Your Own Power

Betty Heck, LCSW, CADC



Workshop Schedule

Saturday
June 11th
2:00pm –
4:15pm

SHINE
700 Block of E. Market
Louisville, KY
Shinelouisville.com
502.422.2843

COST

\$20.00 per person (\$15.00
per person if paid before
6/03/11 – non-refundable)

**Space is limited to 15, so
please reserve your spot now. Feel
free to bring your own floor chair,
yoga mat, pillows, or blankets.**



Embrace Your Authentic Self

Over the last 20 years, I have guided thousands of adolescents and adults through the empowerment process. This workshop is an educational program. It is based on research and my journey to empowerment. It is meant to give you tools that you may choose to use to help you get the process going. It may also augment your current journey of empowerment. It is your decision how far you want to go.

I will give you the foundation to understand where you are, how you got there, and what steps need to be taken to get you where you want to be. Learn to use momentum and other metaphors to make change occur. Learn how to apply these principles to your life.

If you find that you want additional guidance, I'll be glad to refer you to a therapist of your choice. If you want to do more in depth work with me, I have a private therapy practice in Louisville where I may be able to see you. Please visit my website for more information.

www.lifedesignscenterllc.com or call me at 270-234-6780.

What will you leave with?

Multiple tools & materials to continue your empowerment journey; A better understanding of what keeps you from maintaining change; Information to help you balance your relationships and change your life and; Learn ways to finally eradicate negative self.