

Flip your Switch from Inner Critic to Inner Coach

***“If you spoke to your friends
the way you speak to yourself,
How many friends would you
have?”***

Learn how your inner thoughts and self talk affects your behaviour, your energy and the energy of others.

Discover practical and effective ways you can easily learn to "Flip Your Switch" between the Inner Critic and the Inner Coach in you.

Use this knowledge to change your thoughts, change your behaviour and change your outcomes to create what you desire personally, professionally, physically, spiritually.



Investment: \$269.00 +GST or 2 for \$395.00 +GST

This course runs Saturdays and Sundays from 9:30am- 4:00pm. For upcoming dates, locations and registration visit the events [calendar](#).