

Living Free Overcoming Compulsive and Compensating Behaviours

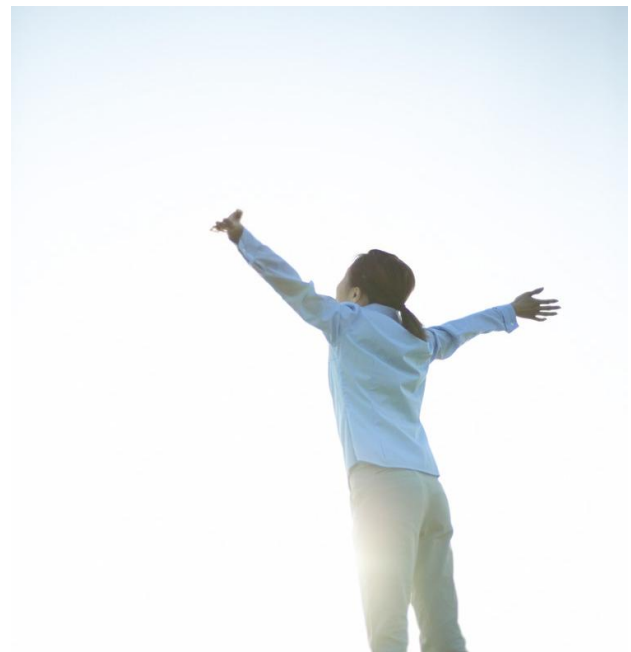
Our behaviour reflects our beliefs.

Changing behaviour means changing beliefs. What happens when that behaviour is addictive or compulsive? How do you make the change?

In this seminar, we will lead participants in the identification of what specific beliefs keep them tied into compulsive and compensating behaviours, and how to create a belief system that results in supportive and nurturing behaviours. How things have been is not how they need to be in the future.

“Belief Re-patterning™ has been the single most effective technique that I have experienced to quickly overcome self-defeating behaviours and move forward in my personal life. It has enabled me to uncover the real me and to begin to live my life with power.”

- Joan Cosway-Hayes,
Reflexologist



Belief Re-patterning™ Seminars are developed by Suze Casey, MEd and delivered by trained seminar facilitators. They are usually 2.5 to 3 hours in length and vary in cost.

For specific dates and times, view the events [calendar](#) or email info@beliefrestructuring.com to arrange a seminar in your area.