

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.

“I have been doing the Belief Re-patterning daily since I took Flip Your Switch last weekend, and it has been amazing to see the shift in my life in just one week.”

Lisa Caputo, Senior Business Analyst



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

Facilitated by a Licensed Belief Re-patterning™
Facilitator. Materials included.

This course typically runs from 9:30am-4:00pm.

For upcoming dates, locations and registration
visit our [calendar](#) or call 403-286-9380