



*A Special Workshop Organized by
Suzanne Connolly, LCSW, LMFT, Sedona, Arizona*

CHANGE YOUR MIND

Skills for Success in a Constantly Changing World

*July 30th and 31st, 2011
Sedona Creative Life Center (Sedona Room), Sedona, AZ
Saturday: 9 am - 5 pm, Sunday: 9:30am - 4:30pm*

*"We build too many walls and not enough bridges."
~ Isaac Newton*

*Disturbances, moves, jostles, bumps... The world in which we live seems to increase its rhythm, to push us into turbulent times. We need to be prepared for this vertiginous and fascinating roller coaster of change. Will we be as whirligigs?
Would we submit ourselves to the influence of others?*

*It is time to calm down, to review your directions and get back to your own values, to your core needs, and to reshape the directions of your life. It is time to take advantage of life's obstacles and transform them into life's precious gifts. It is time "to put more life into life".
It is time to dare to be more yourself.*

In this active and intense workshop, you will:

- **Learn to connect with your inner hero.**
- **Identify your own unique vision of success.**
- **Learn tools to help you let go of fear and limiting beliefs.**
- **Activate your own inner resources.**
- **Lighten up and enjoy life more.**
- **Dare to experience new ways to move toward your goals, dare to be more yourself.**

Exercises include: self-hypnosis, TFT, creative modalities.

*"(Christine Guilloux is a) Psychologist, hypnotherapist, a poet & worldwide troubadour and weaver of people cultures and disciplines."
~ John Gruzelier, editor Contemporary Hypnosis.*



Presented by Christine GUILLOUX

Psychologist-Hypnotherapist, Paris, France

Weaving people, cultures, disciplines

She is a worldwide troubadour, a poet and an achiever.

As a living link, transmitting knowledge from ancestors to descendants, she communicates her values of “putting more life into life” through psychotherapy sessions, training lectures, exhibits and writings.

Founder of the Milton H. Erickson Centre-France

Vice-President of the French Society of Hypnosis

www.Christine-Guilloux.eu



[View Christine's Resume](#)

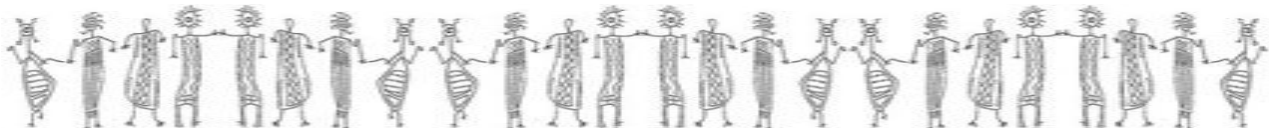
Registration
\$300 with online registration \$350 at the door

Register Online \$300

[Register Now](#)

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[View the Sedona Creative Life Center](#)