

Other empowering courses brought to you by HeartSpeak International...

Unwind your mind... set your self free!

HeartSpeak Lite

PlayShop

Another course in self exploration brought to you by HeartSpeak International

by
Dr Anne Jensen, MSc, DC, DPhil (PhD)

©drannejensen www.HeartSpeak.com

The HeartSpeak Lite is a MasterClass in Managing Emotions. You will learn the fundamentals of HeartSpeak's guiding principles and then HeartSpeak Lite process. By the end of the hour you will be transforming self-sabotaging emotions into self-empowering ones quickly and easily.

HeartSpeak

Level 1

with
Dr. Anne Jensen
BSc, DC, MSc, DPhil

www.HeartSpeak.com

©drannejensen

Learn the art of emotional healing through feeling to radically and quickly change your internal state. Changes are permanent and occur without the need to divulge the situation or go into your "story." No thinking, explaining or describing necessary. Get unstuck as you transform self-sabotaging to self-empowering emotions once and for all!

HEARTSPEAK FOR PARENTS

WITH
DR ANNE JENSEN
MSc, DC, DPHIL (PHD)

Another empowering course brought to you by HeartSpeak International.

HeartSpeak INTERNATIONAL

Are your kids driving you mad? Or driving each other mad? Or maybe they struggle making friends? Or in the classroom? Perhaps they have a health condition that may be related to stress? Learn to use your HeartSpeak skills to bring harmony to your home and empower your children to become their true, authentic selves. Open to all those who've taken HeartSpeak Lite and HeartSpeak Level 1.

Another empowering course... brought to you by HeartSpeak International

The HeartSpeak Tools

with Dr Anne Jensen, MSc, DC, PhD

Do your emotions hijack your thoughts, behaviours and attention? Do they put you in a tailspin that you find difficult to escape? Are you sometimes triggered into reacting – and often don't know why?!? The HeartSpeak Tools can help! They are a set of 10 easy to learn tools which you can put to use immediately. They will help you break free of automatic reactions and regain control!

For more information and to register for the courses above, click on the image.

Check out all HeartSpeak courses here: www.heartspeakevents.as.me