



### Meet Your Hosts:



Lisa Upton



Steve McGuire



Craig Dingwall



Mel Roberts



### Our Goal:

To help you better understand that you don't have to be at the mercy of your thoughts and emotions, instead you can be the alchemist of your mind

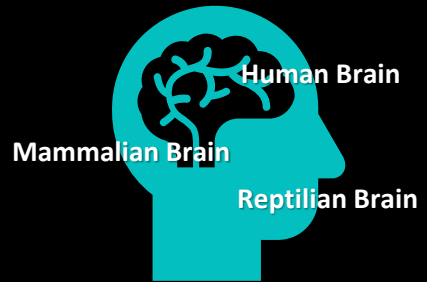
### What we will cover:

During this 90 minute workshop you will learn about the fundamental pillars that help us improve and maintain positive mental health & Wellbeing. The Emotion Code has been developed to offer education and experiences around these three pillars which include: Conscious living, right hemisphere alignment and intuition.



### Did you know?

Although intuition is an empirically immeasurable compound that baffles scientists and neuro-researches all over the world, recent studies show that Intuition is in fact our greatest asset, and each and everyone of us has access to it



Suitable for between 12 and 50 attendee's  
Virtually or F2F



A useful workbook will be provided after the session

The Team also offer a 1 day Face to Face Emotion Code Workshop as a follow on to this session.

