



### Meet Your Hosts:



Lisa Upton



Steve McGuire



### Our Goal:

To teach you about the power of the lexicon of language and how this shapes our mental reality, with useful tools to aid better conversation.

### What we will cover:

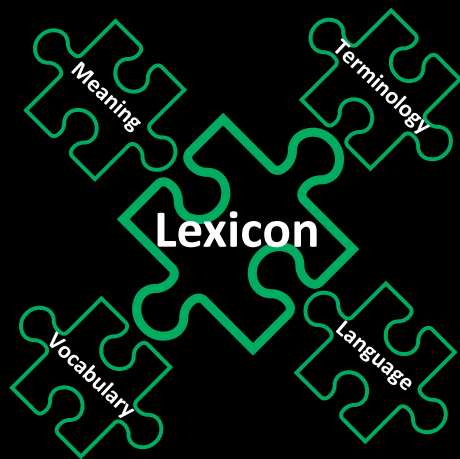
This 60 minute workshop will walk you through the power of language and how the limits of our language can become the limits of our world. You will be provided with useful tools and strategies to help you express yourself and better understand your emotions.



### Did you know?

Language plays an integral role in emotion, perceptions and experiences, shaping the nature of the emotion that is felt or perceived in the first place.

**The good news: We control our language and how it shapes us.**



Suitable for between 10 and 20 attendee's



A useful workbook will be provided after the session

