



Have the Greatest Love Affair of All... with Yourself!

Did you know that 85 percent of people suffer from low self-esteem?

This can have a dramatic impact on your confidence, your relationships and your career. Low self-esteem will keep you in your comfort zone because that's where you feel safe. You can discover a new happy, more energetic and more loving you by improving your overall sense of self-worth.

This presentation will take you on a journey about why it is important to love yourself first, and how to take the first step toward this life-changing goal!

Participant objectives:

1. Identify how our childhood defines us.
2. Identify the value of mirror work.
3. Identify relationships that are toxic.
4. Identify when to seek professional help.

As seen in

Parade

AUTHORITY MAGAZINE

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