



PROCESS COACHING®
NEW TOOLS FOR SELF-EXPLORATION AND HEALING

A Free Evening

with Process Coach Cathy Breshears

Friday, August 20th

Process Coaching is a unique technique for emotional healing, which aids us into healthy ways of expressing our emotions and feel comfortable with them as they arise. Process Coaching techniques or tools provide ways we can identify our emotional responses to past or current traumatic events and heal them within ourselves. Whether it be loss of love, depression, anger issues, fear or any difficult emotional situation, the techniques and methods learned give us a way to process our beautiful and helpful emotions and become our own healer.

149 Sumac Ridge Drive,
Summerland, BC V0H 1Z6
Register by Phone: Gerald 250-494-8188

INTRODUCTION TO PROCESS COACHING

Personal or Practitioner **Workshop**

August 21st - 22nd

\$250 CAD

includes *Healing to Wholeness Healers* guide
& Post Workshop support

www.CathyBreshears.com
www.processcoaching.com/cathy