

INSIDE-OUT ACTIVISM

Saturday,
November 7
10:00 - 5:00
Cost for the day:

\$85

Register by
calling:

707-391-8569

It's an inside job.

“As my sufferings mounted I soon realized that there were two ways in which I could respond to my situation—either to react with bitterness or seek to transform the suffering into a creative force. I decided to follow the latter course.” ~Martin Luther King, Jr.

In this experiential workshop learn how to:

- State your desires clearly, with conviction.
- Claim your authority as the director of your movie.
- Transform guilt & blame & get unstuck from the victim-perpetrator trap.
- Manifest the changes you want in the world from inside of yourself.
- Fan the flames of your desire for change!



Kathleen MacGregor is a certified Process Coaching® teacher and trainer with expertise in inner journey and shadow work. *“Through Process Coaching, I feel empowered in life. The times of feeling helpless and victimized are now few, while love, gratitude and authenticity are so much more. I love having the opportunity to journey with others in their self-exploration.”*