

INSIDE-OUT ACTIVISM

Saturday,
July 9,
10:00 - 4:30
in Ukiah, CA
Cost for the day:
\$95
Register by
calling:
707-391-8569

It's an inside job.

"We cannot solve our problems with the same thinking we used when we created them." -Albert Einstein
"Be the change you wish to see in the world." -Mahatma Gandhi

In this experiential workshop learn how to:

- ☀ Wake up to who you really are—the one who *can* be the change.
- ☀ Harness the energy of the whole issue you're working on.
- ☀ Free yourself from the victim-perpetrator trap.
- ☀ Tap into the core desire & your deepest strength to take action.
- ☀ Fan the flames of your desire!



Kathleen MacGregor is a certified Process Coaching® teacher and trainer with a special love for inner journey and shadow work. She facilitates workshops in Process Coaching with an emphasis on parenting, and Inside-Out Activism. In her coaching practice in Ukiah, she works with individuals and couples. With a background in fine art and bodywork, Kathleen brings intuition, creativity and a deep trust of Body and process to everything she does.