



Radical Self-Love

with Michele Rocha

Wednesday evenings in
Sebastopol,
beginning October 5, 2016

Your Job

What if your only job was to love yourself? Just as you are, just as you have been, in good times and bad? Join in the fun of learning with amazing new tools for self-exploration and healing. In this six-class series we'll explore our Whole Beings, applying the practices and frames of Healing to Wholeness and Process Coaching®.

- ♥ Quickly deepen your ability to love yourself (and others).
- ♥ Undo old conditioning and discover your whole Being.
- ♥ Bring back parts of Self that have been denied and ignored.
- ♥ Learn to quickly come out of unloving self-talk and actions.
- ♥ Collaborate successfully with the creative magic of the Universe.

Michele Rocha is a certified Process Coaching Teacher with over twelve years of experience in this work as a coach, teacher and trainer—and a lifetime of exploring the edges of self-love.

Process Coaching® is a new modality for emotional healing that enables us to become comfortable with all feelings as they arise and makes it remarkably easy to heal difficult emotions and find more love for ourselves and others.



Class dates are: Oct 5 & 19, Nov 2, 16 & 30 and Dec 14, from 6:30 to 9:00 pm in Sebastopol. Tuition is \$225 and includes all classes, telephone check-ins with coaching between classes, the 240-page *Process Coaching Practitioner Manual* & the *Healer's Practices* 2-CD set.

Call Michele at 707-535-9651 to register, or for more information.