

Silence Your Inner Critic for greater success:

A Practical Workshop for Managing Negativity & Moving Forward

You want to be happier, achieve success and make the world a better place. You have many gifts to offer. What is holding you back? It could be . . .

. . . Your Inner Critic.

Demistify this inner gremlin we all have (yes, all of us!) and how to silence **"it"**, so you can create the work, the relationships and **the life** you want.

It's time to stop the negativity from running your life and holding you back.

At this one-hour seminar, you will learn . . .

- ✓ **how the Critic operates** in people's lives (it can be insidious!)
- ✓ what happens when you **take control over the Critic**
- ✓ a **technique** to **minimize its impact** for the rest of your life
- ✓ how to **laugh** about the Critic since it can also be ridiculous!

I promise this will be one of the best investments you make in yourself this year. You'll **take home a way** to get started on one **goal** that will make a positive difference in your life—and more clarity, energy and **confidence** to make it happen.



Find out why my clients tell me...

"I wish I knew about this when I was much younger! What a difference it would have made in my life."

Change how you feel every day by connecting with your more capable and confident self.

Presented by Amy Tate Berenson CPMC, ACC, MBA

Amy is a professionally trained and certified Life and Career coach with an MBA and over 20 years of human resource, consulting and business development experience in non-profits, for-profits and tech start-ups.