

Emotional Intelligence 101

Let Go, Release, Reclaim

Three Weekends of Discovery, Renewal and Transformation



Weekend One

Let Go of What Has You
Reveal What You Long to Heal



Weekend Two

Release Shame and Unwanted Habits
Reconnect with the Divine



Weekend Three

Reclaim Your Essence
Discover Your Beliefs and Transform Them



See back of flier for highlights

Details

Uncover
Discover

your fears, hurt, grief, resentments, shame,
guilt and anxieties

the keys to unlock what is holding you back from
becoming your true self

April 7-8, 2018

Sat. 9-5pm, Sun, 9-5 pm

May 5-6, 2018

Sat. 9-5pm, Sun, 9-5 pm

June 9-10, 2018

Sat. 9-5pm, Sun, 9-5 pm

Law Offices of Mann & Kytle, PLLC

First West Building

200 1st Ave W Ste 550

Seattle, WA 98119

Cost: All three weekends: \$1095

Bring a Friend: \$1950

Deposit: \$295

Must be received 30 days before first
weekend, balance due within two weeks

Join me for three experiential weekends of discovery, renewal, and transformation. Learn how you can break free from the past and experience the freedom that belongs to you.

This brand new program has its roots in our highly successful "Let Go of What Has You" single weekend program, and our five weekend residential intensive programs. It consists of three non-residential weekends one month apart. It is perfect for people who wish to be involved in healing processes that are highly experiential, but less intensive and costly than our residential programs. Couples are invited to attend, but will not be working with each other. Space is limited to 8 seats, so register early to reserve your spot.

Meet Rob Spiegel, LICSW

Author of:

Of Endings and Beginnings

A Memoir of Discovery and Transformation



Space is limited to 8 seats - Register online at:
www.speigeltherapy.com/Events
or call 855-333-5569

Weekend One

Let Go of What Has You
Reveal What You Long to Heal



- Learn the “Victim Triangle” model of relationships
- Learn the difference between “co-dependence” and “healthy inter-dependence”
- Learn to set healthy personal boundaries
- Experience the profound “Let Go of What Has You” personal process
- Experience the amazing Boundary Process - practice learning what your needs are and how to share them in a healthy way.
- All in a small and safe group setting



Weekend Two

Release Shame and Unwanted Habits
Reconnect with the Divine

- Learn the “Addiction Cycle” and how it operates in your life
- Learn how the shame we carry leads to the unwanted habits we struggle with
- Learn about the relationship between perfectionism, procrastination and shame
- Assess the unwanted habits you can choose to release
- Experience the profound and liberating new “Shame Release Process” in a safe and healing environment



Weekend Three

Reclaim Your Essence
Discover Your Beloofs and Transform Them



- Learn about “Beloofs”; the false beliefs we learn or create early in life in response to trauma
- Experience an amazing paired hypnosis process that will take you back to the very origins of your beliefs
- Experience “Autogenics”, the powerful process of self-healing
- Experience a reframing process dealing with your own individual beliefs
- Create an absolutely new and dynamic vision of your present and future life