How can you stand firm when it feels like your world is shaking?

Standing Firm When Your World Is Shaking

Tools for traversing life's toughest terrains.

Duration: 4 Weeks (1 h sessions) or an 8-Hour Retreat

Standing Firm is a program that helps you turn your traumatic "dark night" experience into a new and transformative beginning.

Week 1: The Dark Night
Learn to use your Dark Night of the Soul as a springboard, not a stumbling block, by changing your perception about the difficult circumstance.

Week 2: The Hero's Journey
Discover the three phases of the Hero's Journey - the departure, the initiation, and the return - allowing you to uncover the gifts you may have yet to experience.

Week 3: Harvesting the Good
Release your ego attitude and choose a more empowering perspective as you learn to neutralize the emotional charge of your Dark Night.

Week 4: A New Beginning
Connect with your inner sanctuary, establish a system of support, and grow into a higher version of yourself.

Enjoy a front-row-seat experience via Zoom, in a small- group setting. Materials included. ***Scan the QR Code to register for an upcoming session!***

GreatnessUnBridled®
Your greatness lies within you!

www.GreatnessUnbridled.com