

MARCIE CRAMER PRESENTS:
EXPLORING YOU, YOUR UNCONSCIOUS, AND YOUR RELATIONSHIPS

Think about this: In the most crucial areas in our lives: Attaining Happiness, creating wonderful relationships and raising children -we receive no manual, guidance or formal training. Growing up no one taught us how to overcome anxiety or depression or have great thriving relationships. Our caretakers did the best they could, but imagine how life might be different if they had a manual or even formal training or if they had been taught how to create a safe and deeply connecting environment.

Our "unconscious" training (what we observe and experience growing up) stays with us, stored in our unconscious only to lead us to repeat those same learned patterns. It is THAT unconscious piece that creates anxiety, depression, perfectionism and difficulties in our relationships. It gets in our way of all our relationships and our being the best version of our self.

This carefully planned workshop is a day filled with wonder and surprise about what is hidden in your unconscious. You will learn what is in the way of your happiness, how to heal anxiety and depression, why you choose the romantic partners you do and why they feel, think and behave the way they do. You will learn powerful communication tools and skills that lead to deep connection and true happiness. Most importantly - at the end of the day you will have a precise map on what to do, exactly, to be happy and create the connections in your life you have always desired. Finally YOU will have the manual!



IF YOU ARE FINALLY READY TO KNOW:

- **THE EXACT STEP BY STEP PATH TO TRUE HAPPINESS**
- **HOW TO STEP OUT OF YOUR REACTIONARY SELF (AND INTO A PRO-ACTION SELF)**
- **HOW TO BE HEARD AND UNDERSTOOD**
- **THE PROCESS TO MAKE YOUR RELATIONSHIPS LESS FRUSTRATING**
- **HOW TO TURN CONFLICT IN ANY RELATIONSHIP INTO A CREATIVE, EXCITING PATH TO LOVE**
- **WHY YOU MAKE SOME OF THE SAME PAINFUL CHOICES OVER AND OVER**
- **IF THE RELATIONSHIP YOU ARE IN IS THE RIGHT ONE FOR YOU**
- **THE ABSOLUTE KNOWLEDGE TO BE A MORE CONFIDENT, EFFECTIVE PARENT**

THEN PERHAPS IT IS TIME FOR A CHANGE- AND CHANGE OF ANY SORT REQUIRES COURAGE

REJECT YOUR RESISTANCE - EMBRACE THE SKILLS AND TOOLS NECESSARY TO ALLOW YOU TO CONNECT DEEPLY WITH THOSE YOU LOVE AND YOUR AUTHENTIC SELF

NEXT DAY LONG COURSE: Saturday, May 29th, 2021, 9:45AM-6:00PM

Fee: \$275 per person. Space limited

**For more information and to reserve your space call: Marcie Cramer, Licensed Clinical Psychotherapist:
407-657-8555 x1 or Email: Marcie@centerforthehealingarts.com**