

“Becoming the Author of My Life” - Coaching Class/Seminar/Workshop

- Participants are invited to compare their lives to a stage play or a movie as they ask themselves the question of who is authoring the drama. Participants are challenged to consider whether they are following a script for their lives that they are actively writing or if they are following a script that has been written and is being directed primarily by others.
- Participants are given resources and coaching in how to become the author of and re-direct their lives in order to feel greater control and ownership of their lives, identifying ways of expanding their freedom and developing strategies for making change that leads to a greater sense of wholeness