

**Selected Workshops Offered**  
**By Pat Holland Conner**  
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**1. Moving Beyond Loss**

Losses occur everywhere: within in families, homes, jobs and more. Participants will learn effective strategies for turning brokenness into creative choice, gain an awareness of the rebuilding process, and identify strategies for taking charge again. In addition, they will learn creative ways to deal with crisis.



**2. From Journal Writing to Problem Solving**

Learn and practice journal writing skills in a guided and non-judgmental setting, and write your way toward effective life-changing and decision-making goals. Bring a notebook and pen and create personal growth strategies through self-expression. Tools used in this class can be adapted to a time-saving personal computer journal.

**3. Living an Attitude of Gratitude: A Workshop of Thanksgiving**



In our harried world, we sometimes overlook the blessings we receive or neglect to express our appreciation for them. Experience a dedicated moment of thanksgiving through song, meditation, visioning, affirmation and prayer. We will give gratitude for all we have received, and create a new vision for what we desire. Come and celebrate.

**4. Manifesting Desires Using Guided Affirmations CD**

Begin to live the life you were meant to live by systematically creating your own transformative expressions of your deepest desires and personal goals.

**5. Goal Setting from the Inside Out: A Guided Meditation**

Are you frustrated with life: Do you want to make changes that will allow self-control? Do you know where to begin? In this class you will experience guided meditation and use tools that will set the stage for the manifestation of your goals and desires. You will design your path for what you want to achieve, and begin the journey down it.





## 6. Paths to Healthy Choice and Practice

This workshop is offered to help mental health professionals identify specific stressors and find appropriate tools to reduce stress levels in their clients' lives as well as their own lives. Participants will explore the role stress plays in mental and emotional health, and take a new look at how to work with clients who have not benefited from traditional forms of stress management. They will identify tools for healthy living, be able to transform personal skills through theory and practice and identify unconscious patterns that trigger reactions to unwise choices.

## 7. Emotional Freedom Technique (EFT)

Emotional Freedom Technique (EFT) is a powerful discovery that combines two well-established sciences from which you can benefit: Mind-Body Medicine and needle-free Acupressure. EFT is effective and offers a rapid, safe and easy method to relieve stress, grief, anger, guilt and other life issues as well as physical symptoms including headaches, body pains and breathing difficulties. It can be used in any situation, condition and at any age.

EFT workshops include:

- Stress Busters: Learning the Basics of EFT
- Achieving Emotional Freedom with EFT
- Attracting Abundance with EFT
- Managing Pain with EFT
- The Law of Attraction and EFT



## 8. Beginning Again: Relationship Recovery

Designed to help men and women seeking emotional adjustment following the loss of broken relationships, this workshop offers strategies for change that go beyond the experience of pain and loss

## 9. Beginning Again: Finding Your Purpose, Knowing Your Path

How often do you stop along your journey and ask lifetime questions that beg for answers: Who am I? Where am I going? Why am I here? What's in store for me? Join us for this self-growth workshop with a goal of personal transformation.