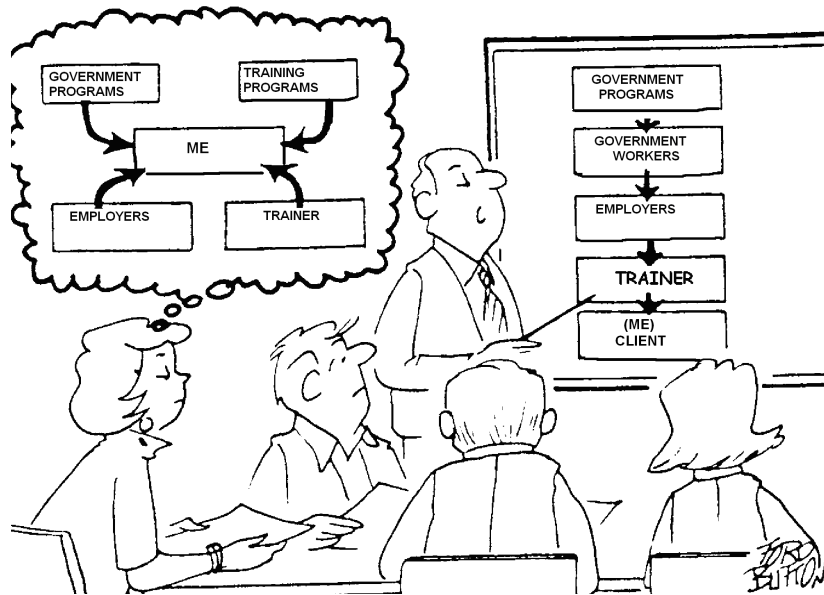




Jan Miller & Associates

u Are you ready to do what it takes to change how you feel about yourself?

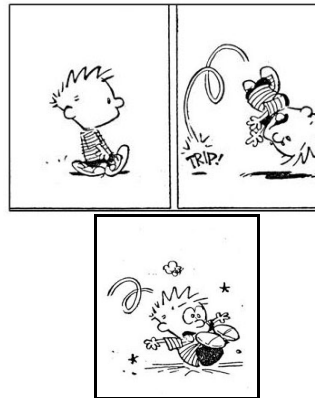


# Rediscovering Your Self-Esteem & Building Confidence

u It is powerful to know that you, and only you are responsible for creating your self esteem and confidence. The skills taught in this workshop empower people and free them from limiting beliefs that they've carried most of their lives.

u **H**ave you been dealing with an issue for a long time and feel you are stuck with it?

u **D**o you sometimes feel that part of you wants something while at the same time another part of you wants something very different?



u **I**s your life the way you want it to be?

u **D**o you think about your life and yourself and feel critical and discouraged?

## This seminar is for you!

Participants will learn new ideas, beliefs and skills that

- Change the stories in their life that they tell themselves and feel bad about.
- Clarify their direction so they can move out of being stuck.
- Make choices that are true to what they want with self confidence - even in the face of opposition
- Help them let go of old beliefs and attitudes that hold them back.
- Acknowledge the successes they have already experienced and use them to empower themselves.
- Make positive sense of the aspects of their life that they previously judged negatively.

# What participants are saying about this program?

"I've learned I could stand up for my rights without stepping on other people's backs."

"I've learned to focus more on my journey and less on the destination."

"Since I've done this program I am able to do my work and things are not getting to me as much as they used to - I am happier in my life."

"Our daughter had met with counsellors, therapists, physiologists, and psychiatrists in the past. Although these have been helpful, they have not provided her with daily coping skills and understandings. She told us 'this program has been the most helpful thing I've done in my life!'"

"This kind of information should be taught in 6th grade... Life would be a lot easier."

"I understand how important feedback is as opposed to self criticism"

It was useful to learn to think about 'Right' and 'Wrong' and realize just because someone disagree with me doesn't mean I'm wrong or right."



**J**an Miller is a Trainer and Master Practitioner of Neuro-Linguistic Programming (NLP). She has extensive experience as a Sign Language Interpreter. Jan, is the owner and director of Jan Miller & Associates. Her company has been offering custom–designed trainings to corporations, school boards, hydro plants, public health units, professional associations and ministry departments since 1995.

In 2000 she started offering training sessions for individuals and groups designed to assist people with disabilities in the soft skills necessary to attain and maintain employment. Jan helps people get the results they want

Since 2006, Jan has been providing training to teachers, health care staff and providers in Nunavut.

Jan’s seminars, workshops, and talks are designed to meet the needs of groups or individuals facing challenges of change. Her purpose is to challenge the limits and restrictions we place on our relationships, our careers, and ourselves.



Jan Miller & Associates

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Total Hours 14  
Investment fee \$350 per person  
5–15 participants

To Register or ask for more information:

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