

Caravan Counselling

Can you imagine being able to:

- Radiate self-confidence without words?
- Embrace opportunities without hesitation?
- Move forward with self assurance
- Overcome doubts and hesitations about your abilities
- Stretch your abilities instead of feeling stuck
- Have harmony with true self so you appear more confident and congruent
- Become outstanding in what you do
- Direct your life the way you always wanted with joy and confidence
- Live a full life without ignoring your needs, desires and goals
- Discover your signature strengths
- Take your life to the next level
- Define yourself clearly to align your focus with you true self
- Find your power and direct it to transform your dreams into reality
- Enhance your life, filled with joy and pride

☎ 306.242.6688
✉ info@caravancounselling.com
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Who benefits from this workshop?

You will benefit,
IF YOU WANT TO...

- Find your power of creation
- Enhance your life
- Be certain about your abilities
- Be able to trust yourself more to live a life that you want more
- Find your power of within and pass being stuck
- Harness your power, master your potential and reach what you desire
- Learn a set of mental skills that you can build confidence
- Respond and rebound from the challenges and build strength and confidence
- Build confidence that opens the door to health, joy, and wisdom



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**BUILD
UNSHAKABLE
CONFIDENCE**



Giti Caravan

M.Ed. (Psych) CCP (Certified Counsellor and Psychotherapist), Author

Saskatchewan's first and only certified neuro-Linguistic programming (NLP) trainer, and hypnotherapy trainer, and Master NLP coach by the American Board of NLP, and American Board of Hypnotherapy

September 11 & 12,
2021

Investment \$899

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What are the objectives of this workshop?

Understand your power and values

Step into your power

Learn to tap into your power at any given moment

Gain techniques to confidently express opinions & needs

Understand your power

Believe that your opinions are valid and worthy of consideration

Learn to identify & eliminate the low confidence habits rapidly

Find your goals and achieve them

Live in-line with your values

Be able to grab opportunities

Discover how to "feel your power", "build your character", "sound convincing," and "become the most important person in your own life"

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Modules

Lesson 1

Five areas to step into your power

Understanding the anatomy of self-confidence

Lesson 2

Thoughts and responses

Conquer fears and doubts

Lesson 3

Radiating confidence and strengths

Control your results

Lesson 4

Raising energy in four areas of focus

Building an empowering vision

Lesson 5

Change unconscious programming

Lesson 6

Mind tricks and skills to build confidence reflections

Lesson 7

Break a board by embracing your power

Lesson 8

Create an action plan with hypnosis

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Your Trainer Giti Caravan

Giti Caravan draws on her thirty years of experience as a psychotherapist, counselor, business consultant, trainer of hypnotherapy, timeline therapy and neuro-linguistic programming and leadership coach to share proven processes, procedures, and steps to achieve more than you ever thought possible.

She provides applicable knowledge and practical strategies, and changes your mindset.

Concepts are explained in an easy-to-apply manner and are designed to help you create a system to reach your goals - no matter what they are or how impossible they seem.

Get simple strategies to boosting your confidence and start embracing all that's possible with the lessons in Building Unshakable Confidence.

Giti Caravan helps people turn pain into wisdom. Building unshakable Confidence is the result of her thousands of encounters with clients of all walks of life throughout her career.

Learn confidence from an expert, Giti Caravan a leading confidence coach in Canada and a best-selling author. Her book "12 Key steps to build high Self-Confidence" is available worldwide.

Her practical techniques have proved that, whatever your situation, confidence really is a skill you can learn. Her trusted formula for building unshakable confidence has helped thousands of people worldwide. What gives Giti Caravan her unique edge is her ability to make confidence building learnable, even for people who see the challenge as pretty well impossible.

This Self-Confidence program enables you to express yourself in a clear and empowering way. You need the confidence to feel happy in every areas of your life. You will also gain knowledge on different techniques to communicate in a respectful and assertive approach, without appearing overly ambitious or aggressive.

Overall, individuals who have undergone this training reported that this course has changed their lives.

Self Confidence Training Course is now available in the Giti Caravan for in house training.

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