

## 2-Day Transformational Workshop

### Learn how to:

- Let go of unhelpful thoughts, beliefs, emotions & behaviours that hold you back
- Get rid of self-doubt and self-criticism
- Accept Yourself Unconditionally
- Grow exponentially



### Did you Know?

Based on the bestselling book of Louise Hay "You Can Heal Your Life", this workshop has transformed millions of lives across 72 countries



### Next workshop details

7-8 January 2023, 9 am to 6 pm  
 Suba Galaxy, Mumbai

Rs. 13,500 (fee changes to  
 Rs. 15000 effective 26 Dec)

**Inclusions:** Breakfast, lunch,  
 tea, HYL kit, certificate of  
 Participation

Zoom support call  
 lifetime post-workshop  
 WhatsApp support

Facilitated by Sushma I R  
 (Psychologist, Coach,  
 Trainer, Facilitator)

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[www.refindyou.com/2-day-workshop](http://www.refindyou.com/2-day-workshop)

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## How to Register?

Confirm your seat by paying the early bird fee of Rs. 13,500

Send us a screenshot on  
[teamrefindyou@gmail.com](mailto:teamrefindyou@gmail.com)

Receive an email from us, with a preparatory questionnaire



## Payment details:

[Click here](#) for QR code of UPI ID

[Click here](#) to pay by Debit card or NetBanking

Or write to us on  
[teamrefindyou@gmail.com](mailto:teamrefindyou@gmail.com)/  
91675 60682 for details to make a bank transfer



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## Participants' Journeys

The two days is just the beginning of the transformation...



Here's what some of the participants have to say after a few weeks/months of attending the workshop!



**Aniesha**

I've become way more assertive without being rude & learned that saying "no" if I'm really not in the mood for something such as going out, meeting friends, calling extended family is acceptable.

I listen to my intuitions way more now, & don't second guess myself and put myself in situations I am unhappy with anymore.

I've learned when things don't work out, it's because something much better is on the way. ☺



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## Participants' Journeys

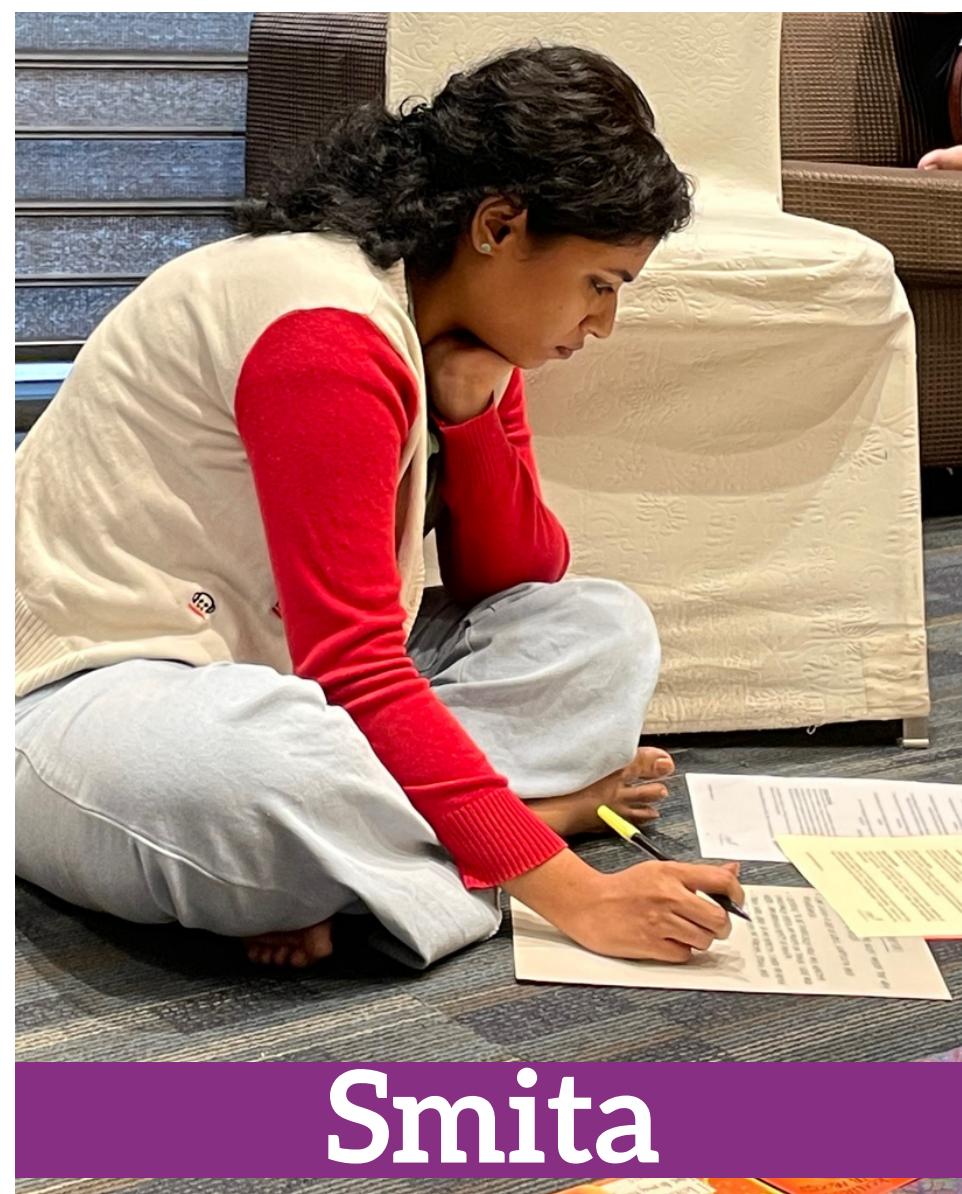
The 2 day workshop was a game changer for me because it truly taught me to be gentle with myself.

I've majorly changed the way in which i speak to myself and my body, and this has really helped address a bunch of issues that I didn't even know were contributing to my state of mind.

And dont even get me started on affirmations! It feels great to even see all those positive things first thing in the morning, let alone actually see them come true for me



**Stuti**



**Smita**

The workshop has helped me to be a kinder person not just to others but to myself as well.

I'm more aware of my not-so-kind thoughts and change my perspective when things don't turn my way.

And the biggest thing has been that there's way more self-acceptance than before. It's helping me to be at peace with exactly the way I am right now.



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