



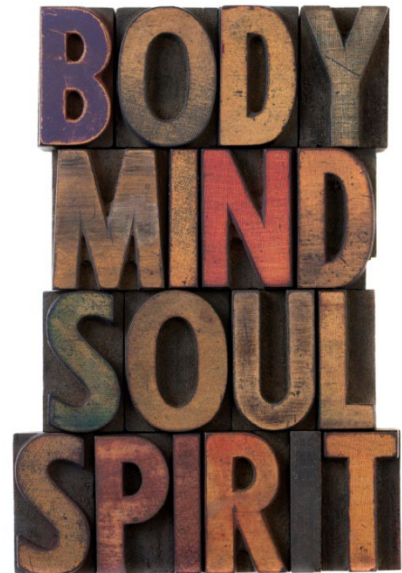
Increasing Self-Awareness

Self-awareness is an important part of everyday life. It transfers over to your personal, social, physical, and work life. It can help one gain a better understanding of themselves, and how to live a better, more fulfilling life. When working to deepen one's own self-awareness, it is important to fully engage yourself. One should take the time and proper steps, to fully become self-aware.

With the Deepening Self-Awareness workshop, your participants will learn how beneficial becoming more self-aware can be. A highly self-aware person will become more equipped to deal with daily life and its challenges. Through this workshop, your participants will gain a new perspective on themselves and their emotions and become a valuable member to society.

Workshop Objectives:

- Define the self and different aspects of the self
- Learn from introspection
- Understand the nature and value of emotions
- Appreciate themselves
- Appreciate others
- Improve effectiveness



For more information or to reserve your spot in this workshop, please contact:

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