



Resisting Success...

Say What??

The top 2 struggles many of my clients have are these:
" I feel sad... depressed...tired... unmotivated..."
" I feel stressed with my current financial situation..."

Many times these 2 areas don't change because we are resisting Happiness and Financial success. Really? Resisting what we desire the most? Why do we resist happiness? Why do we think Financial Success is Unattainable or actually even bad? Our past story (and yes, often from childhood) dictates our beliefs which dictate our behaviors which dictate our outcomes. The beliefs we carry are often subconscious and until we break the belief we won't have the freedom to live the life we really want. Money and Happiness ARE AWESOME and yes, it's okay to say that and BELIEVE that!



At the completion of this Fabulous event you will walk away with:



1. Strategies for shifting beliefs...FEEL, SCRAMBLE, MOVE...
2. Identifying our relationship with money and how to shift it into one that's successful
3. The "Happy Pill"...CHOOSING happiness ...Doing ordinary things that will bring Extraordinary happiness & financial success

Bonus track: The power of FOOD in creating your happiness and your money

"Happiness is like a butterfly; the more you chase it, the more it will elude you, but if you turn your attention to other things, it will come and sit softly on your shoulder..." Thoreau

This highly interactive development session will conclude with actionable takeaways that attendees can put into practice immediately following the session.

For more information on *Resisting Success & Jennifer Watson's additional offerings, please contact Booking@JenniferWatsonLeadership.com*