



unlearn you

A solid foundation for engaging transformation

## The Unlearn You Seminar

In any journey, you need a clear understanding of your starting point—where you currently are. You can't get to where you want to be if you don't have an accurate read on where you are.

The challenge is that often the things that hold us back in life are unconscious or subconscious. So, basically, the problem is that we don't know what we don't know.

This three-day, foundational, training experience enables you to **discover and unlearn the hidden stumbling blocks that hinder your progress**—specifically in the areas that are most important to you.

You can take quantum leaps in growth when you start to see things about yourself that you never realized before.

***This seminar is a powerful discovery process.***

Here's what you'll discover and engage in this training:



### DISCOVER

the hidden strategies that hinder your results in life.



### LEARN

what to do when these strategies get in the way.



### TRY ON

new strategies that you can use to move forward in life.



### PRACTICE

shifting from limiting to empowering mindsets.



### GET CLEAR

about what is next for you and how to bring it to pass.

Why does this work when so many other personal- or spiritual-growth options don't?



It's **experiential**.

This seminar engages your head, heart, and body. It unlocks stuckness through integrated, embodied learning.



It's highly **interactive**.

Transformation happens in highly interactive, group learning. Not by sitting through lectures.



It's **intensive**.

This seminar is a challenging environment. No growth happens if you don't challenge your status quo.



It's **effective**.

After thousands of enthusiastic graduates, the jury is in. ***This seminar works!***



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Engage powerful success strategies to create a flourishing life.

**REGISTER AT:**

[theflourishinglife.org/register](http://theflourishinglife.org/register)