

A close-up photograph of several purple flowers, possibly hydrangeas, arranged in a light pink bowl. The background is a soft, out-of-focus light blue and white. The text is overlaid on the image.

# TRANSFORM YOUR RELATIONSHIP WITH YOUR INNER CRITIC

**SATURDAY AUGUST 12:  
1.30-5.00PM  
HOLLYWOOD**

We ALL have one, you know.  
An Inner Critic.

Sometimes, we seem to spend all our  
time 'battling' or 'managing' it.

But now YOU have a choice - you can  
free yourself from the tyranny and  
exhaustion of battling and managing  
your inner critic.

\*\* What would it be like for you to meet and befriend your inner critic in a safe space, and move from Beating Yourself Up to Loving and Appreciating You? Imagine the inner peace....

\*\* How would life be for you if you were to let go of the self-doubting and self-criticising? Think of making your decisions and choices much more easily.....

\*\* How much more centred, calm, confident and self-compassionate could you be? What a difference that would make to being able to charge what you're really worth.....

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In this highly practical 'Transform your Relationship with your Inner Critic' workshop, we will be helping you to do all of the above, and more. During our time together we will be doing some practical explorations, visualisations, Energy Writing, EFT, Chakra and energy work, drawing on useful easy-to-learn tools .

You'll leave our time together with practical tools that you can immediately use in your own life (this is not a one-size fits all workshop – we all need differing tools). You can also share these tools with your clients.

You'll receive a pre-workshop exploration plan; along with the learning materials, our workshop will be followed up by access to myself by email for 30 days for laser coaching, AND a special gift of a downloadable meditation to help you keep your transformation going at your pace. Strengthening your newfound choices.

Trudy Arthurs, Transformational, Executive & Mindfulness Coach / Trainer / Facilitator

Trudy Arthurs has 30 years of a wealth of experience in the healing field. A thriver from both alcohol addiction and a terminal cancer diagnosis in 2000, she uses her experiences and professional skills as Professional Executive Coach, EFT and Reiki Master, healer, aromatherapist, reflexologist and Meditation Facilitator to help thousands of people to truly connect with their own Best Selves. Although originally a Kilkenny Cat, she now lives in Hollywood with hubby and 2 gorgeous cat masters.

Check out her website: [www.trudyarthurs.com](http://www.trudyarthurs.com).

Questions? Simply telephone: 07810 511 600. I'm here to help.

To book and pay for your your place, email [trudy@trudyarthurs.com](mailto:trudy@trudyarthurs.com) and I will send you the paypal link.