



Trust Your Inner Critic – Trust Your Self

A 6-week journey to help you befriend your inner critic, increase your self-trust, and grow in confidence and contentment

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

Does it feel that sometimes you seem to spend all your time trying to manage or battle that undermining voice of self-doubt, self-criticism?

This course is designed to help you create your choice, to realise you can free yourself from the tyranny and exhaustion of managing and battling that voice. To help you trust yourself, to enhance your confidence.

To help you be more of who you really are.
To help you release your default reactions, create conscious, intentional responses
Because I know you are already enough. Not broken.

**Questions? Simply email trudy@trudyarthurs.com. I'm here to help.
If you'd prefer, call 07810 511 600.**

To book and pay for your place, [simply follow this paypal link](#), insert £47 when prompted.
I will then be in touch with next steps.

**** 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 'Trust Your Inner Critic - Trust Yourself' interactive course, we will be helping you to do all of the above, and more. During our time together we will be doing practical explorations, visualisations, Energy Writing, EFT, Chakra and energy work, drawing on useful easy-to-learn tools.

Over the 6 weeks of our time together, using the magic of technology, together we'll create:

- * A nurturing, relaxed and life-enhancing space in which (if you wish) you can share your explorations, your learnings and your questions
- * A sacred, space to explore your fears and dreams
- * A weekly 'how are you doing?' check-in
- * A more self-confident, self-trusting and self-compassionate You.

What's also included:

- ++ We connect three times in our own private Virtual Studio; all sessions will be recorded, so even if you can't attend live, you catch up at a time to suit you
- ++ Before each Studio session, you'll receive lessons by email and life-changing tools from my research, training and experience as a Transformational Coach
- ++ Following the programme, you'll have access to me by email for 30 days to ensure sustained results, and check in on any questions you may have.

BONUS!

- ++ A private one-to-one transformational coaching session with myself
- ++ MP3 meditation to download and use whenever you wish.

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Important Dates:

- ✓ First Connection Session via Zoom **8.00pm Monday October 9**. You will receive your Welcome Info beforehand.
- ✓ Connection Session #2: 8.00pm Monday October 23.
- ✓ Connection Session #3: 8.00pm Monday November 6.

Please schedule up to 1.5 hrs for these sessions. We may not need all that time. Remember, if you can't come 'live' to the session, you can catch up at your own convenience.

Further Details on page 3....

....Other Important Details!

- ▶ Recordings of our Zoom Connection Sessions will be sent to all programme participants
- ▶ Weekly check-ins via our Private and Secret Facebook Group
- ▶ We'll arrange our one-to-one private sessions once we've started. These take place via phone or skype

What do YOU need?

- ♥ An open mind, willing heart, releasing of judgement, a sense of adventure and a strong commitment to your own personal and professional happiness
- ♥ Private, quiet uninterrupted time for our group and individual sessions
- ♥ Access to internet and Facebook

Why Work with Trudy?

- ◇ I believe you are already enough. Not broken. I believe you have the power to make the choices necessary to bring contentment, joy and peace to your life. My role is simply to help you create that safe, sacred space to make the choice, identify your options and take the actions that work for you, no pressure, no hassle.
- ◇ Somewhere you've come across my words – my articles, blog, facebook or Instagram posts, or my videos. Something is resonating with you. You've had that 'I know what she means' moment, or maybe you've adapted some of my suggestions and found them helpful.
- ◇ I'm a professionally qualified and accredited Transformational Executive Coach, Coach Trainer, Facilitator, Energy Healer, and too many other qualifications to include here....
- ◇ I've been working with women in the field of self-trust and self-confidence for more than 15 years, created several online programmes and courses, and have worked with individuals and groups at all levels and across a wide range of professional sectors.
- ◇ I've used these tools myself, and have direct experience and testimonials from other clients.

What Workshop Participants have said:

"That was a phenomenal workshop – life-affirming, positive, inspiring, safe, reassuring. Lots of new insights. Eye-opening. Do you know how brilliant you are?!"

"It is a great opportunity to find out ways to dealing with the critic instead of wasting energy on fighting it."

"Beautiful content, with beautiful people. Felt very safe and supported."

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