

Be **Brave.**  
Make **Space.**



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**Hi! I'm Coach**

**Margie**

I'm glad you're reading the Brave Space newsletter. My newsletter is written to share information and support.



### Upcoming Events

**February 1-29:** I'm keeping the registration open for Fresh February for another week! Our first coaching call was Monday 2/5/24 and you still have 3 weeks of coaching and conversation to take advantage of! [Register Here](#) (Virtual)

### Free Values-Based Boundaries

**Masterclass:** *Save the date!* April 8-12, 2024 (Virtual)



Hi all! Welcome to the newest iteration of my newsletter. Before going any further, please allow me to address what for some is a touchy subject: Valentine's Day.

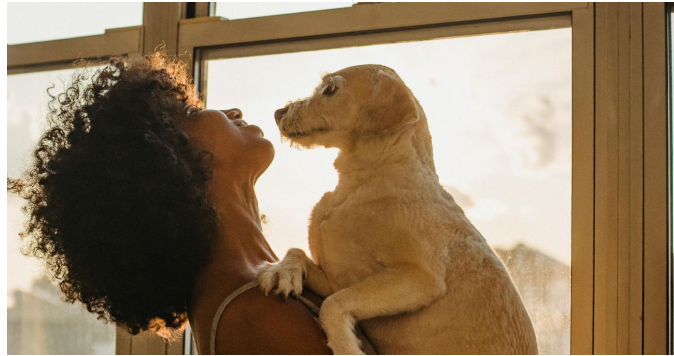
For many, Valentine's Day symbolizes an opportunity to express affection and appreciation for those we hold dear, be it romantic partners, family members, or friends. It's a time to celebrate love in its myriad forms, from grand gestures to quiet moments of connection that remind us of the profound beauty in human relationships.

Yet, amidst the sea of roses and heart-shaped chocolates, it's important to acknowledge that Valentine's Day isn't universally embraced. For some, it serves as a stark reminder of unmet expectations, lost love, or feelings of isolation. If you find yourself in this camp, please know that your emotions are valid, and it's okay to navigate this day at your own pace, with self-compassion as your guiding light.

**Margie**

PS: I promised a new format that would give you a quick skim and allow you to choose

from a variety of information and formats. My new format gives you an article, a podcast, a book title, and an affirmation. I aim to "theme" these resources differently in each issue to keep it interesting and provide variety. I would LOVE to know what you think! I would also LOVE to hear your recommendations. I'll take them ALL! You can send me your ideas via email at [margie@bravespace.coach](mailto:margie@bravespace.coach).



## Article: 3 Steps to Master Your Emotions and Be Your Best Self

Managing emotions can improve psychological health, career, and relationships.

[Read  
More](#)



## SelfHealers Soundboard: Episode 94: Meet Your Emotions on Apple Podcasts

In this episode, we explore the six core emotions. You'll learn how to use your emotions as a guide and the tools to be more connected to yourself and everyone else in your life.

[Listen Here](#)



## The Mountain is You: Transforming Self-Sabotage Into Self-Mastery

Coexisting but conflicting needs create self-sabotaging behaviors. This is why we resist efforts to change, often until they feel completely futile. But by extracting crucial insight from our most damaging habits, building emotional intelligence by better understanding our brains and bodies...

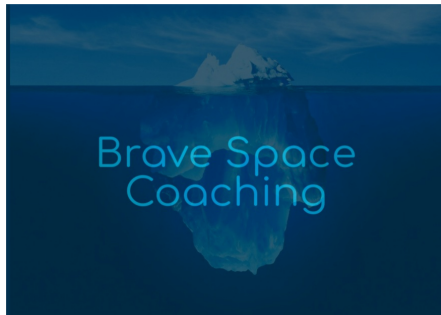
[Get The Book](#)

### Affirmation for Feeling Your Feelings and Moving Forward

*"I don't need to be healed to be worthy of love. I can feel broken and still be whole. I can hurt and still hope. I'm a little bit of everything, and it's only natural to feel a lot sometimes."*



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