



BOX FREE THINKING 101

SEPTEMBER 12, 2015
9 AM - 12 PM
ANTHONY HOUSE
51 MIDDLE ROAD
PORTSMOUTH, RI 02871

REGISTRATION: [HTTP://BIT.LY/BFMWORKSHOPRI](http://bit.ly/bfmworkshopri)

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THINKING 101

You will learn:

- That what you thought you knew may not be what you really know!!
- How your inner thoughts and outer dialogue affect all aspects of your life
- How to forgive the past rather than erase it
- Why getting a clear picture of where you are right now is not as easy as you think
- The fact that there is more to learn about what works for you
- Why sharing your ideas is productive and protecting them can be destructive
- What happens when you stop worrying and begin trusting yourself
- How to surround yourself with people who make your number go up

**In Career
Transition?
This is for YOU!**

**Learn the 8 Strategic
Mind Shifts to
jumpstart your career
transition. Share,
brainstorm, and
uncover what is
possible when you
chip away at what
blocks you from
having a career and
life you love.**

*Inside of you is a
powerful person!*

**Feel empowered,
connected, and
ready to transition
into your new life.**

BOX FREE MINDS

602-821-3966

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