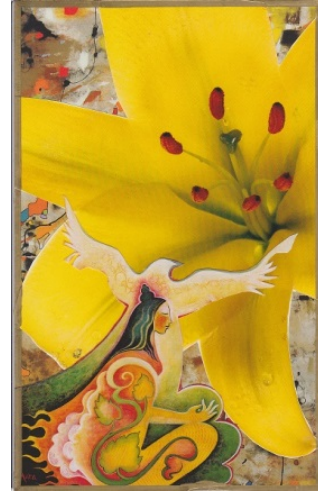
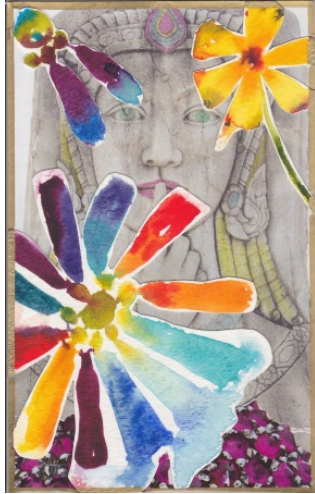


SoulCollage® provides deep healing, rejuvenation, and access to innate creativity.
No artistic experience required.



Uses heart-based resonance to access inner wisdom and creative spirit.

SoulCollage® process helps explore:

- Hopes, dreams, and aspirations
- Trauma, stuckness, overwhelm
- What your heart knows you need to be happy

Workshop participants will:

- Find resonant images and use them to create several 5" x 7" cards
- Receive wisdom from cards' energy in written growth exploration
- Share the guidance and get life coaching on relevance of card to individuals' life

Image library and all supplies provided

Event Options:

- 2-hour, half or full day
- 10- 20 people
- Host sponsored or client funded

Takeaways:

- Identify and image diverse inner parts
- Process trauma or grief
- Deepen connection to heart-based resonance and intuition
- Reduce stress or anxiety

Find upcoming studio workshops or learn more at
WhatsNextForMyLife.com/art or call 954-663-7834.



Facilitated by Paula Holland De Long ACC, CPCC, Professional Life Coach, speaker, author and founder of What's Next For My Life Inc.

More info about the SoulCollage® process can be found in creator Seena B. Frost's book, *SoulCollage® Evolving* or at www.soulcollage.com.

WHAT'S NEXT FOR MY LIFE?™