

Build and Deepen Your Happiness Skill Set

AN INTIMATE AND SUPPORTIVE GROUP SETTING

Flourishing Skills Group

Why do some people languish while other people flourish? Because in order to thrive, people need to learn to build their reservoir of positive emotions, work with negative emotions, build their will-power, and create nurturing relationships.

FSGs gives you those tools in an intimate and supportive group setting. Created by The Flourishing Center, the group meets weekly for 10 consecutive weeks. Each week building and deepening your happiness skill set leaving you nourished and empowered.

YOU'LL GET TO:

- Connect with Others
- Learn to Manage Stress
- Boost Your Daily Happiness
- Create Optimum Health
- Prevent Health Problems
- Increase Self-Awareness
- Gain Tools for Self-Mastery

FLOURISHING SKILLS GROUP SESSIONS OVERVIEW:

Session 1: Positive Introductions
Session 2: Signature Strengths
Session 3: Building Gratitude & Positivity
Session 4: Mindfulness & Savoring
Session 5: Connections
Session 6: Best Possible Future Self Visualization
Session 7: Reframing Mind Chatter & Neuroplasticity
Session 8: Changing Habits
Session 9: Cultivating Forgiveness
Session 10: Cultivating Intuition & Inner Wisdom



Cheryl Rice, MS, PCC is President of Your Voice Your Vision. Her speaking, coaching and writing practice is devoted to helping women claim their personal power and become leaders in their own lives. Cheryl's compelling memoir, *Where Have I Been All My Life?*, recounts her journey from grief to wholeness.

"It's not an exaggeration to say working with Cheryl Rice changed my life. Cheryl both challenged and supported me in discovering possibilities and clarifying my goals. My journey is just beginning and it's going to be amazing."

—Helen Morris, Aramark

484-557-8846

www.YourVoiceYourVision.com
Cheryl@yourvoiceyourvision.com

Contact Cheryl to Learn about Bringing The Flourishing Skills Group to Your Organization and to learn dates for the next open enrollment program.