



BE MORE YOU

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OVERVIEW

Self-discovery can be daunting...what will I find, what do I want to find, and do I really want to find it? When was the last time you turned your gaze inward? Creating a space to observe, listen, meditate and reflect on the right questions is the tool we will use to discover how to be (or find) the best version of ourselves. Why don't you close your eyes – so you can see more. Your willingness to be a seeker is the only thing you need to bring and be open to.

OBJECTIVES

1. Attendees experience guided self-reflection.
2. Through quieting the mind and turning the gaze inward, participants will become the seeker of their own truth.
3. The participant will learn skills and some resources for deepening this internal practice.

SUMMARY

Guided self-reflection can be difficult. Having a Sherpa (guide) and make the most out of an often trying experience. We will use prompts and reflection to pull out what is laying deep within...or at least to begin the process. You will be connected with a like-minded community that is providing an opportunity to go inside. We are all practicing every day on how to be our best and true selves...

Come and let us share in the “practice of you.”

**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**