

Silence Your Inner Critic:

A Practical Workshop for Managing Negativity & Moving Forward

You want to be happier, achieve success and make the world a better place. You have many gifts to offer. What is holding you back? It could be . . .

. . . Your Inner Critic.

Demystify this inner gremlin and learn how to silence “it”, to create the work, the relationships, and the life you want.

It’s time to stop negativity from holding you back.

At this seminar, you will learn . . .

- how the Critic operates in people’s lives (it can be insidious!)
- what happens when you take control over the Critic
- a technique to minimize its impact for the rest of your life
- how to stop procrastinating and move ahead

I promise this will be one of the best investments you make in yourself this year. You’ll take home a way to get started on one goal that will make a positive difference in your life—and more clarity, energy and confidence to make it happen.

Find out why my clients tell me...

“I wish I knew about this when I was much younger! What a difference it would have made in my life.”



When: November 13th, 6:45pm-9pm

Where: Marblehead Natural Healing
10 Spring Street
Marblehead, MA 01945



Cost: \$40

Register: Call Marblehead Natural Healing
781.639.0010 or email
office@marbleheadnaturalhealing.com

**Presented by Amy Tate Berenson
CPCC, ACC, MBA**

Amy is a professionally trained and Certified Life and Career Coach with an MBA and over 20+ years working with non-profits, for-profits and tech start-ups.



Compass Coaching
Navigate Ahead

Visit my website: navigateahead.com

Silence Your Inner Critic:

A Practical Workshop for Managing Negativity & Moving Forward

You have so much potential. You want to make the world a better place, be happier, achieve success. What is holding you back? It could be . . .

. . . **Your Inner Critic.**

Demystify this inner gremlin and learn how to silence **"it"**, to create the work, the relationships, and **the life** you want.

Discussion will include a **specific technique** to minimize the Critic's impact for the **rest of your life**.

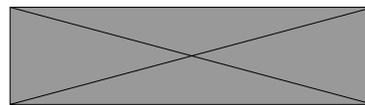
Who should attend:

Anyone who wants to feel motivated, grounded and empowered to reach their full potential.

At this seminar, you will learn . . .

- ✓ **how the Critic operates** in people's lives (it can be insidious!)
- ✓ what happens when you **take control over the Critic**
- ✓ a **technique** to **minimize its impact** for the rest of your life
- ✓ how to **stop** procrastinating and move ahead

This will be one of the best investments you make in yourself this year.



Presented by Amy Tate Berenson CPCC, ACC, MBA

Amy is a professionally trained and Certified Life and Career coach with an MBA and over 20+ years working with non-profits, for-profits and tech start-ups.

**Vist my website:
navigateahead.com**

Silence Your Inner Critic:

A Practical Workshop for Managing Negativity & Moving Forward

You have so much potential. You want to make the world a better place, be happier, achieve success. What is holding you back? It could be . . .

. . . **Your Inner Critic.**

Demystify this inner gremlin and learn how to silence **"it"**, to create the work, the relationships, and **the life** you want.

Discussion will include a **specific technique** to minimize the Critic's impact for the **rest of your life**.

Who should attend:

Anyone who wants to feel motivated, grounded and empowered to reach their full potential.

At this seminar, you will learn . . .

- ✓ **how the Critic operates** in people's lives (it can be insidious!)
- ✓ what happens when you **take control over the Critic**
- ✓ a **technique** to **minimize its impact** for the rest of your life
- ✓ how to **stop** procrastinating and move ahead

This will be one of the best investments you make in yourself this year.



When: Saturday, June 8th, 9am-11am

Where: Creative Spirit, 80 Washington Street

Cost: \$40

Presented by Amy Tate Berenson CPCC, ACC, MBA

Amy is a professionally trained and Certified Life and Career Coach with an MBA and over 20+ years working with non-profits, for-profits and tech start-ups.

**Vist my website:
navigateahead.com**