

Inner Critic Blitz Session!

Free Session (worth £100)

Dear Hopeful Heart,

Are you fed up with your Inner Critic putting you down and stopping you from doing things you want to do? Do you want to learn how to take on your Inner Critic, be kinder to yourself and develop genuine confidence? Let's sit down together over a cup of tea*.. you, me and you Inner Critic and find out what its game is.. (*other beverages are available!).

I'm offering a limited number of FREE Inner Critic Blitz Sessions worth £100 each month. Your Inner Critic probably won't think it's a good idea but how about the rest of you?!

What will you get from the session?

In this one hour session I will help you:

- identify some of the subtle (and not so subtle!) ways your Inner Critic is limiting you
- understand what its agenda is
- learn how to catch it in the act!
- devise some strategies to reclaim your Inner Authority

The session can take place either at my room in Hitchin or online via Skype or FaceTime.

If you would like to apply for this opportunity, please complete the application form attached. I will contact you if I am able to offer you a session.

With warmest wishes,

Kate Manley

Deep Living Coach (Certified by the Deep Coaching Institute)

UKCP Reg. Psychotherapist

Free Inner Critic Blitz Session

Application Form

Your Name: _____

Your Mobile Number: _____

Your Preferred Email: _____

***Use of Data:** I will keep your information confidential and I will only contact you in relation to this session. I will not send information about my other events and services unless you have opted to join my mailing list*. I have a detailed GDPR-compliant Privacy Policy available on my website or you can request I email a copy to you.*

To give me an idea if you are ready to work on your Inner Critic, please answer the questions below and return the form before you leave today. If you prefer, you can answer the questions at home and email them to me at kate@thesoulworkproject.com within 24 hours of the session today.

1. In what ways does your Inner Critic limit you? (circle all that apply and add any others)

Being assertive * Feeling confident * Appreciating yourself * Relating authentically with others * Pursuing your dreams * Being creative * Making positive decisions * Following your heart * Any others?

2. How much does your Inner Critic affect you? (please circle)

- a) It is running my life! Help!
- b) It affects me quite a lot and I sometimes feel down/frustrated/anxious about it
- c) It limits me in some ways but I cope with it ok
- d) Not too much

3. If your Inner Critic were less active, how would your life be different? (2 or 3 ways)

Would you like to join my mailing list for details of other offers and events? YES/NO