

Attitudinal Healing: Building Trust and Confidence

Join the "**Attitudinal Healing: Building Trust and Confidence**" 8-Week deep dive into building trust and confidence in yourself through embodying the Principles and Guidelines of Attitudinal Healing.

This December, embark on a transformative journey of self-discovery and connection with self through authentic shares, and connecting and listening to others. Hosted on Zoom, this series offers women an opportunity to reclaim and celebrate their inner magic through a variety of enriching prompts and deep connection to self and each other.

Details:

- Location: On Zoom and the link available from Paula or Ewelina
- 8 weekly sessions, each lasting 90 minutes.
- Dates: 5th, 12th 19th December 2024, 9th, 16th, 23rd, 30th January 2025, 6th February
- Time: 6pm UK, 7pm EU, 1pm ET, 10am PT
- Hosts: Ewelina Bielawska and Paula Baker

Series Highlights:

Session 1: Trust the Process & Journey: An Introduction to the Principles & Guidelines of AH

Session 2: Trust in love: The essence of our being is love

Session 3: Moving from Unease to Clarity, by way of Intuition - and the dilemma is trust.

Session 4: Trusting that I no longer need to compare myself to others

Session 5: Trust: What you appreciate appreciates

Session 6: Trust that in every challenge there's a gift and that everything will be okay

Session 7: Trust that I am enough and I let go of shame, blame and guilt

Session 8: Trusting in miracles - from fragmented thoughts to wholeness!

Additional Information:

- **Cost:** Donation to Attitudinal Healing International

About the Hosts:

- Ewelina Bielawska: psychologist and well-being facilitator
- Paula Baker: The heart behind Paula's Place Scotland, Paula facilitates women's groups on Zoom and in person, offers a welcoming environment for all guests or participants, ensuring accessibility and comfort. Paula came to Attitudinal Healing by way of Kathy Harris, who worked with founder Jerry Jampolsky in the early years, in Marin County, California.

Contact Information:

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