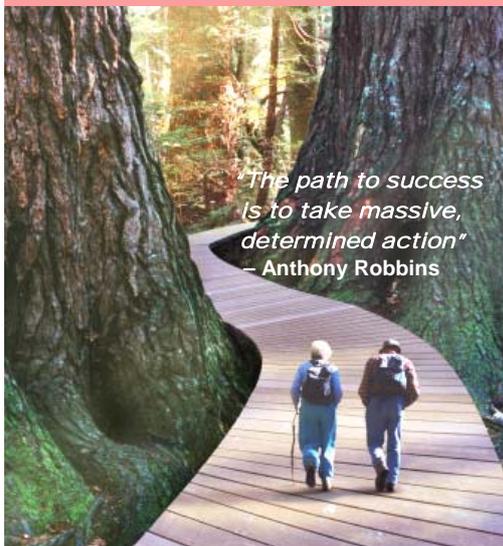


# Embracing Life!

Workshop with Adrienne Small

## SEQUOIA Coaching & Wellbeing

At Sequoia Coaching & Wellbeing, we believe that each of us has the wisdom and power within us to make our lives be what we want them to be. We see the relationship with our clients as an alliance, a partnership, a process of inquiry that empowers clients to reconnect with their own inner wisdom, to find their own answers, to rediscover those powerful moments of choice out of which lasting change grows.



### What people are saying

“I now look at life differently, I am making time for myself and believe in myself for the first time in years.”

A.M—Clonmel

“The tie cutting process was amazing, I never realised till I did it how much my past was holding me back. I am now free to live my life as I choose”

M.P—Limerick

**Are you tired of being held back in life, being driven or controlled by someone or something other than you?**

**Join us at this one day workshop and discover the freedom that comes from the realisation that YOU are the only one who can live YOUR life.**

- You will instantly feel the benefits of knowing where you can gain more control in your life, while cutting the negative ties to the past.
- How small changes to your beliefs and behaviour patterns can dramatically change your life for the better.
- You will leave with a greater awareness of yourself, a new enthusiasm for life and a set of unique tools that you can use to transform your life.

**It will be a day of DISCOVERY, SUPPORT, ADVENTURE & FUN!!**

**Your life can be wonderful, so why not EMBRACE IT !**

**Numbers limited (max 10)**

**Venue: 1 Dillon Street—Clonmel**

**Time: 9.45am to 5.15pm**

**To book please contact Adrienne Small on 087 9794258 or**

**Email: [adrienne@sequoiacoaching.com](mailto:adrienne@sequoiacoaching.com)  
[www.sequoiacoaching.com](http://www.sequoiacoaching.com)**

