



THE JOURNEY OF SELF-DISCOVERY

Virtual Webinar

Throughout your life, there is a voice only you can hear. A voice which mythologists label 'the call.' A call to the value of your life. The choice of risk and individual bliss over the known and secure.

"You may choose not to hear your spirit. You may prefer to build a life within the compound, to avoid risk. It is possible to find happiness within a familiar box, a life of comfort and control.

"Or, you may choose to be open to new experiences, to leave the limits of your conditioning, to hear the call. Then you must act. If you never hear it perhaps nothing is lost. If you hear it and ignore it, your life is lost.

Jennifer James, reprinted with permission

Webinar Overview



There are several reasons that drive, motivate, and nudge us onto a path of self-discovery. Making this choice is difficult for most since we must leave the known and familiar with the willingness and courage to confront the person we see in the mirror and understand what is holding us back from being our true self and reaching our full potential. This ultimately requires that we take responsibility for our own life and choices we make. **This is NOT an easy step to take!**

A common thread throughout my early life was pain and suffering. A very traumatic past left me handicapped with personal issues and unhealthy beliefs. I felt alone, unhappy, and angry. It was the quote above that marked my choice to take that hard look within, which became my life passion to learn and apply personal growth and self-discovery. A whole new person evolved along with the continued quest to uncover new truths and learnings about myself and life. As a lifelong educator and leader, my interest now is to help others understand this journey, the stages, the many tools available to them, acting as an inspiration and guide for those choosing this path. I use my own story and experiences to help connect with my audience including the many trials and tribulations it brings. I speak from the perspective of a friend and colleague!

The process of self-discovery begins with a call to discover who we are, and then proceeds to understand the many layers of self so to discover our; personality, issues, beliefs, aspirations, core values, new definitions of success, happiness & love, so that we wake up every day with meaning, purpose, love and joy. It is about delving into our subconscious and identifying the unhealthy beliefs we formed, along with the experiences that helped to shape these beliefs. With this new self-awareness we can determine what we want to keep, what we need to accept, and what we want to change, so that we can heal our past and ultimately learn how to love and accept ourselves for who we are. Once the foundation of a strong self-esteem is in place, we can then venture into the deeper and more profound questions we have so to define our; truth, beliefs, gifts, purpose, and vision, so that we can self-actualize and become our true selves and full potential. Ultimately it is about achieving greater levels of meaning, fulfillment, and happiness in our life.

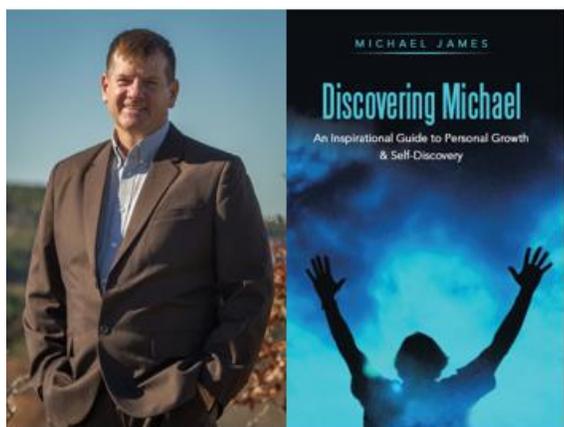
This session provides an understanding of the process of Personal Growth & Self-Discovery (framework, stages, challenges, tools, initial steps and outcomes), and is intended to inspire, guide, and prepare you for your own journey of self-discovery, to discover YOU!

Session includes

30-minute pre-session video

2 - hour virtual session

Register at: <https://calendly.com/mcginnismj/journey>



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