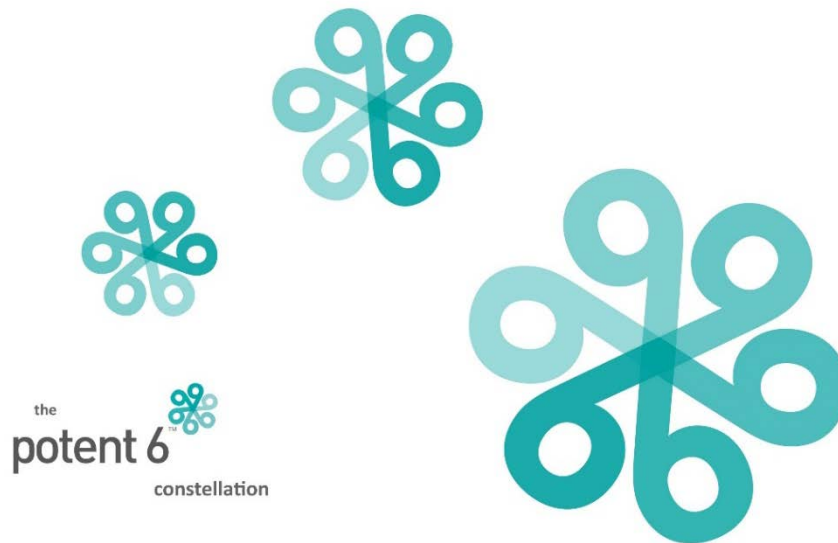


BREAKTHROUGH INTENSIVE: TURN YOUR LIFE AROUND

FROM EMOTIONAL MISERY TO EMOTIONAL MASTERY



WHY does this keep happening to ME?

- WHY am I so stuck? → **Want to liberate yourself and get into flow?**
- WHY are my relationships so tricky? → **Want to change the dance?**
- WHY do I keep re-living negative storylines in my life? → **Want to create a new narrative?**
- WHY am I getting the same unwanted results over and over? → **Want to transform your patterns?**
- WHY do I feel like a victim in my own life? → **Want to equip and empower yourself?**

If any or all these resonate with you, then I guess you will be asking the next most crucial question: **Yes, But how?**

Benefits

Emotional mastery is founded on emotional intelligence – the capacity to see, know and understand ourselves and to take choice-ful, response-able action. Many people talk about emotional intelligence but few have a clue quite how to develop it. The Potent 6 Constellation puts power into your hands, helping you to recognise what is going on inside you – and to understand why and how to gain mastery over your mind, emotions and behaviours.

So, if you want to break out of a way of being which holds you victim to life, others and circumstance; if you want to embrace and learn how to use your mind to regain power over the choices you make, then this opportunity **really is for you**. You will be supported by Louie Gardiner, a highly-respected, accredited Master Coach and experienced facilitator, with decades of experience supporting people to radically turn around their lives.

What to expect

Join us for a 1-day workshop followed up by six hours of coaching to help you integrate your learning. Alongside five others, you will work on current issues affecting your life. You will learn through direct experience, observation and reflection, sharing only what you feel safe to share. You will grow your awareness; learning to take charge of your own personal transformation. Alternatively, Individuals can sign up for a one-day 1-2-1 intensive Breakthrough programme with Louie.

Training Details

Location: Edinburgh or on-demand in alternative locations around the UK email for details louie.gardiner@potent6.co.uk

Fees: **Combo deal:** Group Workshop (6hrs) + SIXERS (6hrs) coaching, **£800** or **Group Workshop only: £200**

1-2-1 Breakthrough + SIXERS Coaching (12hrs): £995

Registration: All fees payable when **booking** via Eventbrite

Dates: Contact Louie for upcoming opportunities

***Skills Development Scotland *may pay 50% if you apply prior to commencing the training**