

Soul University

Workshop

Dissolving

Doubt ~ Guilt

Shame ~ Worry





Soul University
Dissolving Doubt ~ Guilt
Shame & Worry
In-Home How To Guide

A life-changing two hour workshop
with Soul Dancer,
Founder: Soul University

Our two hour highly interactive (experiential / recorded*) workshop trains you on how to use lifetime tools to . . .

1. identify and respond to the roots of DGSW. Exploring (versus analyzing) the source(s) of these unhealthy, socially sanctioned habits may seem tricky at first. As you gain an awareness of the cleansing attributes of exploring (versus the toxic nature of analyzing) you're well on your way to permanently releasing DGSW.
2. explore how we *norm* these life-draining actions in ways that appear life-affirming, even rewarding at times.
3. discover ways to be more mindful of how tenacious DGSW habits are - especially during times of ritual (holidays and / or ceremonies), dramas and traumas.
- 4. flip doubt into confidence, guilt into innocence, shame into pride and worry into wonder.**

Get PAID to host this in-home workshop. Call Soul University at 312-268-0000 to explore more. We look forward to seeing you in class!

Aloha!


Soul Dancer
Founder of [Soul University](#)

* All events recorded to review as needed post event. A signed Audio / video release required to complete your registration.