

Leadership Skills for Women Program With Robyn Bull



A 6 Week Program Just for YOU!!!

This workshop is a body centered approach to Leadership (Life-Skills). It will bring healing, self-awareness and empowerment to step into the Leader within you. You will learn powerful skills and techniques that are supportive and encourage you to take new and exciting steps. You will learn to stand strong not just in your thinking or mind but your whole body. This program is a powerful journey for women that truly makes a difference, creates success and new learning's and I look forward in sharing this exciting program with you. Some of the topics that will be covered are detailed below.

Body Centered Approach to Leadership; Self Image; Learning to Lead; VAK Learning Styles; Personality Styles; Confident Communication Skills; Thoughts, Feelings/Emotions, Behaviour & Results Model; Body Language; Listening; Speaking Up; Our Handshakes; Assertiveness Skills; Saying No; Knowing Vs No-Ing; Self Care; Assertive Templates & Strategies; Self-Awareness; Inner Critic & Making More Alive Choices; Guilt; Your Power as a Woman; When Tears Become Present; Managing, Emotions, Your Anger & Triggers; Conflict Management Skills; Wealth Strategy for Women; Identifying Your Hurdles; SWOT Analysis; Project Credibility & Presenting Yourself as a Woman Who Is Going Places

6 Week Program
Venue: Women's Health Loddon Mallee
47 Myers Street, Bendigo
Time: 6-9pm
Ring Robyn Bull on 0407 221 035 for
Commencement Date of Next Program

**For Further Information & Bookings
Phone Robyn Bull on 0407 221 035**

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I ask each woman what walks out the door with them from attending the LS4W Program...

No anxiety, the fear to speak up is gone.

More confidence, the ability to express myself and say (or talk) about what is inside and not get stressed about it.

I learnt more than I expected which has helped in all aspects, social, personal, emotional, work and professional.

An awareness of people, emotions, skills to enhance the quality of my life. The belief in balancing the body and listening to the body.

A new confidence.

I am more focused on what I need to do to implement my purpose.

I have learnt to speak up and I am not afraid to 'show up'.

Excitement at the opportunities to do things differently.

I have more awareness and confidence, positive outlook on life and people and circumstances.

I feel empowered and enlightened and have the urge to keep on healing and developing.

Other Comments:

Come-to get to know and value you.

The course is a real awakening. You learn about how listening to your body, looking after your body contributes to a clearer understanding of who you are, how you treat and react to people and events and how you can set positive goals for the future.

A midlife spring clean and reaffirmation of self.

This course gives you all the tools to empower you in all aspects of life. I am excited about my future, instead of being scared.

I feel I have grown in confidence through completing this course.

Thank you for the opportunity to discover the real me under the layers of the past disenchantment.

ROBYN BULL

**Body Psychotherapist
Success Coach
Advanced NLP Coach & Timeline Therapist**



Robyn Bull is an intuitive, caring and professional Practitioner, Trainer, Advanced NLP Coach, Timeline Therapist and Body Centered Psychotherapist. Her passion is supporting people to know that they make a difference, that they can stand out in the world in their own purpose and passion and bring peace and healing and love to their own communities and the world.

Robyn's way has a deep basis in psychotherapy - a body centered approach called Radix. Radix is a powerful personal development process or body psychotherapy, which promotes change, growth and healing. The word 'radix' means root or source. It is the energy flow that gives rise to and unites the emotions, body, mind and spirit.

Robyn's work embraces both Psychotherapy and Advanced NLP Coaching & Timeline Therapy bringing authenticity, identity, richness, wisdom and commitment both to the client and their process. She draws upon her own life experience, wisdom and her professional training's to guide and support others to "Live Their Best Life". Robyn's unique style, her grounded-ness and direct approach have inspired many in accomplishing both personal and professional challenges and goals.

Robyn Bull

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Robyn Bull | Body Psychotherapy | Coaching

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