

Are Your Emotions Controlling You?!

Learn How to Manage Your Emotions

Do you feel that you are on an emotional roller coaster? Maybe you just can't figure out how to manage your anger or what to do when you are sad. As your life coach, I will help you learn about the cycle of emotions and give you techniques and strategies to help manage the feelings that you find troublesome.

After completing this 6-session program, you will:

- Obtain knowledge of your emotions and how your thoughts influence your behavior
- Learn what behaviors you need to adjust to see more positive results
- Gain greater awareness of how your surroundings affect your emotions
- Develop good routine and self-care strategies
- Learn strategies and techniques to help deal with your emotions
- Develop gratitude strategies so that you can find joy in your life



TERRI L. BRAUN, BS, PSY

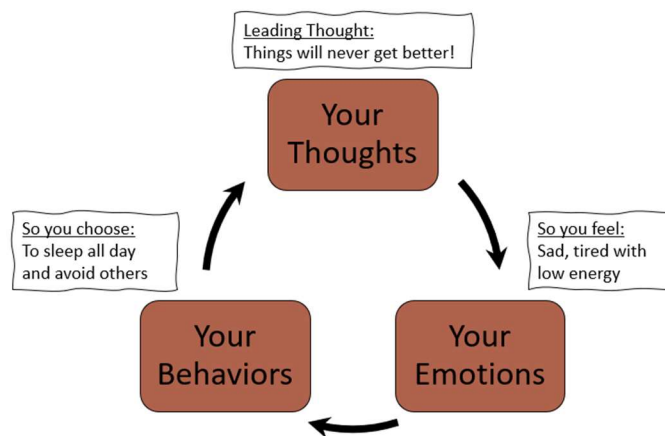
We are all worthy and all deserve to be happy! Together as your life coach, we will conquer whatever situation is keeping you from being the best version of yourself. I will help keep you motivated, listen with empathy, find barriers, and provide new perspectives.

YOUR GROWTH PROGRAM

I will create a custom program for you based on your goals, current circumstances, obstacles, and level of overall awareness. It takes the desire to change along with hard work and dedication in order to acquire the results you want.

EXPERIENCE

I graduated with a B.S. in Psychology and have worked in the human services field for 25 years. With my decades of experience, I would love to have the opportunity to help you live a more productive, healthier and happier life.



The Cycle of Emotions

This Personal Growth Program Includes

- ✓ Six 1:1 coaching sessions (60 min)
 - ✓ Unlimited support emails between sessions
 - ✓ New personal awareness tools
 - ✓ New techniques and strategies for managing emotions
 - ✓ Accountability for goal completion
 - ✓ General personal development articles and worksheets
- BONUS!**
- ✓ Direct emails to Empowered Mind blog posts
 - ✓ 2 additional 1:1 coaching sessions if needed

Message me if you would like help managing your emotions so that you can start living the life you want. Feel free to contact me at terri@empoweredminds.net so we can discuss your next steps. Visit www.empoweredminds.net for additional information.