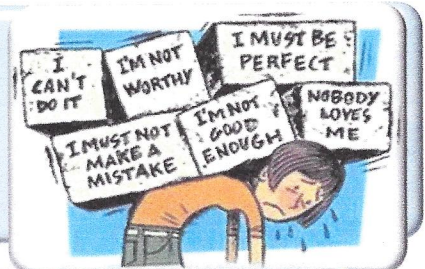
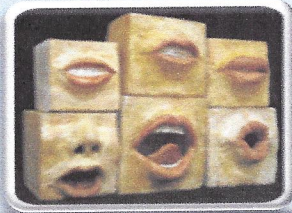


Inside/Out

"Inside/Out" was a delightful 2015 Pixar movie. It was the first movie created to help children understand that challenging voices or thoughts in their head are perfectly normal.

But what about adults! Who's helping adults continue the conversation with their children? More importantly, who's helping you understand and manage your own mind's chatter?

Coach Doris can! Join her introductory course which will help you begin to understand and manage the voices. Note: This course is not intended to serve as emotional or therapeutic advice related to individual situations.



First you will begin to understand how, those persistent thoughts or voices only you can hear, were created.

Next you'll learn proven ways you can interact with, learn from and create valuable allies of each voice.

Finally you'll learn about tools and techniques that can help you begin to self-manage the impact of these voices

Some voices may not be easy to love.

...so lets get started.



After 15-years of study, Coach Doris is now offering a one-of-a kind course thru Emory University's Continuing Education. 6 sessions for 1 hour 1:40-2:40pm April 7-May 12th. Max 15 people. Registration begins Tuesday March 8th. Sign up at:

Learn more about Doris at <http://www.coachdoris.com>