

# Confessions of a Recovering Control Freak

## What I have learned about power, control, & healthy boundaries

I was a bulldozer! I made things happen or I plowed through the obstacle. Over time, I recognized this wasn't working for me, so I changed and I am glad I did. How about you? Are you, or someone you know, a control freak? Or do you prefer manipulation? If so, attend this workshop and master the core truths of power (the healthy kind), control (internal that is), and boundaries (incredibly important to a balanced happy life). Laugh at yourself as you build the understanding and skills essential to becoming an empowered person. Live in integrity with your spiritual beliefs without controlling or being controlled; manipulating or being manipulated.

My goal for this workshop is not to *give* you the right answer but to help you...

- Set & communicate healthy boundaries
- Master simple techniques that allow you to clearly identify your business
- Discern the difference between honoring & controlling
- Learn to negotiate shared areas of responsibility
- Discern healthy from the unhealthy behaviors
- Move from a external power to an internal state of empowerment
- Gain greater confidence and competence in everything you do

**Financial Investment:** \$\_\_\_\_\_ in advance and \$\_\_\_\_\_ at the door.

Get an advanced copy of \_\_\_\_\_ for only \$\_\_\_\_\_ at time of registration (\$\_\_\_\_\_ at the workshop).

Heather is available for private sessions.

Call \_\_\_\_\_+\_ for more information or call Heather at 219-662-7248 or register online at [www.heatherharder.com](http://www.heatherharder.com).

### Heather Anne Harder, Ph.D.

Heather is recognized for her transformational results through the integration and application of spiritual, personal and professional truths in everyday life. Heather's wide range of expertise makes her a popular presenter on business, education, personal growth, and spiritual topics and can easily tailor any workshop to meet your group's unique needs. To learn more about Heather go to [www.heatherharder.com](http://www.heatherharder.com). Or join Heather on a sacred trek to Egypt check out [www.ExperienceEgyptNow.com](http://www.ExperienceEgyptNow.com). She can be contacted at [heather@heatherharder.com](mailto:heather@heatherharder.com) or by phone at 219-663-8282.



### REGISTER TODAY:

Time:

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Location