

# Phoenix Rising

Australia

“Within the heart of every moment lies the seed of a new beginning” - Graeme O’Brien

freedom



Clarity

Direction



Understanding



## TOTAL FREEDOM WORKSHOPS

A weekend gathering of self-discovery  
and personal growth

“Our greatest glory is not in never falling, but in rising every time we fall.” - Confucius

You will join Graeme and Gayle O’Brien, two of Australia’s most experienced group facilitators, for an extraordinary, experiential weekend workshop. They are without doubt, two of the kindest, most supportive, caring and compassionate counsellors you will ever meet.

Many people come to our weekend workshops looking for answers to problems they’ve been struggling to resolve on their own.

You will have the opportunity to understand how your personal beliefs, and thoughts are affecting your life and relationships right now.

You will be supported by Graeme and Gayle and their personally trained facilitators to release old patterns and gain valuable tools, which you can take home with you to use in your daily life.

This weekend workshop is for you if you are looking for:

- More fulfilling relationships
- Answers to why you are how you are
- Solutions to get out of the stuck place you are in
- Clarity about a certain situation and what to do about it
- Control over a behaviour; you own or someone else's
- Improved communication skills
- Direction and purpose in your life
- Improved health, energy and vitality
- Increased self-esteem, confidence and self-worth

#### Friday night - Reveals

The original cause of your problem. When you understand the origin of your feelings – the actual events where they all began, you can see how having that event unresolved is affecting you now. Sometimes our problems in the present are actually unresolved problems from our past with a new cast of characters playing the major roles.

#### Saturday - Explores

Building on the realizations gained on Friday night, you will be supported to identify the perceptions which are holding you back and to understand your own limiting beliefs.

#### Sunday - Completes

The weekend completes with the opportunity to release the original causes of your hurts from the past. Then you are able to use the tools gained over the weekend to further enhance the quality of your life.

Children are welcome. Please bring a doona, a pillow, and a plate of food for a shared lunch on Saturday and Sunday.

Contact information:

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