

INNER COMPASS CRASH COURSE

Do you want to understand yourself better, but
not quite ready to commit to therapy yet?
This is the place to start!



With Volha Shelepava, RP,
BEd, BPsy (she/her)

- 9 weekly virtual meetings, each two hours long.
- Every Thursday, 6-8pm, January 28th to March 25th
- Cost: \$50/session, \$450 total*

This course will give you the "user manual" for your fears, insecurities, and hopes – the kind of insight that finally gives you real access to the changes you've been wanting to make.

***Exclusive Price!**

It won't be offered at this low of a price again.

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In over 15 years of working with clients, Volha has collected all the tools, exercises, and experiments that have been successfully helping clients **that actually "move the needle" in making change.**

WORKSHOP SCHEDULE

Topics
Self-care and self-acceptance
What I have and what I want
Emotions and feelings
Friendship & Relationship
Inner Child/Inner Parent
Sexuality and body image
Arguments & Boundaries
Relationship, People Pleasing, External Validation
Integrating Achievements



Scan the QR code or go to our website for more information and to sign up!