



KNOW WHEN TO SAY NO

FEATURING LIFE COACH SUZANNE EDER
WITH LIVE PERFORMANCE BY GINA DEGNARS

Many women have been conditioned to say yes to almost all requests, invitations, demands out of fear of letting people down.

In this groundbreaking new workshop, teacher and transformational life coach Suzanne Eder will offer fresh perspectives and practices for learning how to say "No" in a healthy, self-respecting way. Suzanne will explain the difference between "being selfish" and putting yourself in the center of your own life. Learn to say no with firmness and kindness, without the guilt. She will provide tools to help you know when to say yes and when, and how, to say "No."

If you often say yes when you want to say no, then now is the perfect time to give yourself the gift of self-respect. Learn more about Suzanne by visiting her website at www.mysolidground.com

Saturday, October 3, 2015

9:00 am – 3:00 pm

Carousel Park & Equestrian Center

\$125 (includes lunch)



This special event features the Healing with Horses team! Our herd will demonstrate the lessons in a way you will never forget. Exercises with our equine partners show you how to connect on a deeper level and open to new possibilities and a new way of thinking.



Suzanne's message is beautifully complemented by inspiring, uplifting original music from local recording artist and songwriter, Gina Degnars. Come listen to the message in music that will touch your heart. To learn more about Gina, visit her website at ginadegnars.com.

To register or for further information visit our website at healingwithhorsesinc.org or contact us by phone at 302-203-8771

Carousel Park and Equestrian Center is located at 3700 Limestone Rd. Wilmington, DE 19808