

Mindset

Unleash the Power of Your Brain to Finally Get the Results You Crave!



just be in the moment...

**Friday, Dec. 11th
12:00—1:00 pm**

**\$10/members,
\$20/non-members
includes lunch**

Networking Opportunity for ALL Female Executives & Business Owners
This session is part of the Chamber's Professional Women's Networking Group

Learn to change your assumptions, methods and notions about obstacles and hurdles keeping you from achieving your desired accomplishments and get out of your own way on the path to success!

In this powerful, experiential presentation you will learn:



**Michelle
Wilson, MA,**
LMHC

*Psychotherapist, Strategic
Success Coach, Speaker*

Inner Oasis Coaching

- **3 essential secrets to make your success easier.**
 - Key myths about goal setting.
- **A simple trick to change guilt and pressure into choice and empowerment.**
 - The truth about your brain, change, and limiting beliefs.
- **Tips and techniques to start re-wiring your brain today.**
 - The role of rituals to put your success on autopilot.
 - The essential steps to stop self-sabotage now.

**RSVP to 978-373-5663 or
Info@haverhillchamber.com**