

Sojourn wellness group presents...



## SOJOURN: COMMUNICATION TOOLBOX

**This is your chance to build something GREAT!**

**We aim to fill your communication toolbox with...**

- Surveying Your Self (the Iceberg theory)
- Measuring Wellness and Balance
- Hammering Out Boundaries
- Connecting (The Sender/Receiver theory)
- Crystal Clear Message Sending
- Cutting Through Stress
- Building Listening Skills

**Also included:**

- A personal intake session and personality assessment
- A workbook covering all of the presentations
- A personal post-group session

**Experience the freedom of being all you were created to be!**

**To set up your initial interview or for more information about the next workshop date please feel free to contact us:**

### **Sojourn Wellness Group**

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**Or visit our website at [WWW.SOJO.CA](http://WWW.SOJO.CA)**

