

New Year, New You! Workshop Series

MONDAYS FROM 7:30 - 8:30PM

JANUARY 9TH - 30TH, 2023

\$50 FOR 4 CLASSES

**ALL PROCEEDS WILL GO TOWARDS REC CENTER UPKEEP AND PROGRAMMING*

This workshop is for people who are ready to take ACTION on an idea they have been thinking about for a while. New Year, New You! Is all about getting a running start on your idea in 2023. Join us for a four-part workshop where you will:

- Flesh out your idea, share it with others and receive feedback
- Explore self-limiting beliefs and other hurdles that have been creating barriers to action
- Identify who you need to become to execute your idea
- Plan for action

New Year, New You! Is a group coaching workshop that integrates somatic (body-based) practices to help participants identify how self-limiting beliefs are held in the body and how they can take a new “shape” that will support them in executing their dream. Each of the four, one-hour workshops will follow a similar cadence:

1. Grounding body-based awareness meditation
2. Personal reflection
3. Pair Discussion
4. Group coaching debrief



Not sure what all this means but still curious? Come and give it a try! This workshop is led by local coach and consultant, Lindsey Bingaman. Lindsey is an ICF-certified coach that specializes in helping people launch their big ideas. Follow the QR code to register or go to fsrp.org.

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