



# *Celebrate Yourself*

discover the woman you really are

Find your inner strength and how it can change your life.

Learn to apply simple techniques to raise your self esteem in your;

- **personal life**
- **work life**
- **relationships.**

Inspirational speaker **Dorothy Chitty** has 25 years experience of teaching internationally through workshops, personal development, seminars and private consultations.

*Telephone*

07518 902566

*Email*

[sensitiveways@hotmail.com](mailto:sensitiveways@hotmail.com)

**Do you have negative thoughts about yourself ?**

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**Do you see yourself as less than ?**

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**Are you judgemental of yourself and others ?**

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**Are you always trying to please others ?  
sometimes to your own detriment ?**

**This is an interactive seminar, which from the start through to the end,  
you will be aware of a positive shift in your thought processes.**

**You will learn how to:-**

- Discover your inner strengths and learn how to use them.
- Be more in control of your life and not let life control you.
- Raise your self esteem.
- Understand the signals you unwittingly give out and why.
- How and why people react to you in certain ways.
- How to be heard and understood.
- How to attract who and what you want into your life.
- How to assert yourself in a gentle but positive way.
- How, never to allow yourself to be demeaned by others.
- How to diffuse difficult situations, in relationships, personal and work life.

**Learn simple techniques to positively change all of these.  
Improve your life, make this day a gift to yourself.**