



Find Your Fearlessness Workshop



Karen Ribeiro

We begin this half-day workshop with a gripping story of Karen's journey into fearlessness – the traumatic death of her brother and the basis of her fervent *pursuit* of happiness and self-help followed by her awakening to the *experience* of happiness.

Then the context for exploring fearlessness is defined and experienced in an artistic, collaborative format. Four exercises will move each participant through the process, from defining fear all the way to embracing and being *empowered by* fear.

All participants will leave with tangible evidence of their fearlessness as well as a rich, deep experience of the transformative process for anticipating and witnessing fear emotions for the blessings they are!

To schedule a workshop or get more details, call **413-265-3892**

The Inner Fortune journaling process, developed by Karen Ribeiro in 2007, is used in small group settings, in professional team development, and by Fortune 100 women engineers to harness creative ideas and attract positive experiences from all areas of life.

This journal-based coaching process is about giving oneself an internal (inner) tune-up (for-tune) through focused reflection on what we are saying, thinking, and doing. Are we in alignment with our hopes and dreams? Do our relationships need rebalancing? The Inner Fortune tune-up is a time efficient, supportive, and helpful tool for gracefully moving through life's transitions.

