



EVENING INTENSIVE

with Gina Graves

Are you letting self-doubt run the show? Do you have trouble speaking up for yourself? Standing up for your personal truth? Do you get stuck, often just before reaching the finish line?

Questions, questions...

Well, if you answered yes to any of them, we should be friends! I can help. 😊

Wouldn't you love to be free of those chains of self-doubt? To be less inhibited and CLAIM, (possible proclaim!) your rightful place in the world? In your own sweet and unique way, of course (because that's super important).

Life is a performance, and yes, "all the world's a stage". Stage fright isn't just for those on an actual stage. We can have stage fright everywhere in our lives.

Getting up on *your* stage, whatever that might be—requires (mostly) your permission and just some little drops of courage along the way. That will set you on your path to inner freedom; which is what will set you on your path to outer freedom, leading you to living the life you are truly meant to live.

By the way, I'm Gina. I've been battling these terrible and torturous demons forever-from not even being able to make eye contact with other humans to performing songs from my soul on an actual stage as a professional musician.

I'm a board-certified coach, with over 30 years of experience teaching, coaching, creating, and performing.

So...wanna hang out? I'd like to invite you to spend a wondrous little evening with me where we can *dream* and discover all that is possible for yourself and your life. You can even sip wine if you like! This is the freedom zone. No rules, zero judgement, and a safe space to experiment 😊

You will discover:

What is truly keeping you from what you desire for yourself and your life.

You will eliminate:

Everything that is not working for you.

You will learn:

Why it is so crucially important for you to get beyond your fear and inner obstacles.

You will see:

How your wildest dreams can become your reality. It begins on the inside.

All you need is *your beautiful self*, a couple hours, something to write with (and write on, or you can draw or paint or paste if you prefer), possibly a glass of wine (if that's your thing-just make sure it's a proper bottle for someone very special), and maybe a firepit (optional 😊) See you there!

With Love,

Gina Graves