



GROUNDING MINDS

WELLNESS WORKSHOP SERIES



BUILDING SELF-TRUST

Strengthen Your Confidence,
Honor Your Choices & Believe in You



OPEN TO
THE COMMUNITY



SPACE IS
LIMITED

Ready to stop second-guessing yourself
and start trusting you?

Join us for an interactive workshop designed to help
you build self-trust, quiet self-doubt, and create a
stronger, more confident relationship with yourself.
Because when you trust you, everything changes.



WHO IS THIS FOR?

Adults seeking greater confidence,
clarity, and self-worth. Perfect for
anyone who struggles with self-doubt,
people-pleasing, or trusting their
own decisions.

No prior experience necessary.

WORKSHOP DETAILS



60
MINUTES



ADULTS
18+



LOCATION DETAILS
PROVIDED UPON
REGISTRATION

WHAT YOU'LL LEARN

- ✓ What self-trust is and why it's the foundation for growth
- ✓ How to recognize and challenge self-doubt and limiting beliefs
- ✓ Tools to make decisions with clarity and confidence
- ✓ Building consistency and keeping promises to yourself
- ✓ Practical strategies to strengthen self-trust every day

INVESTMENT

\$45

EARLY BIRD
REGISTRATION



\$59

STANDARD
REGISTRATION



Email
info@groundedminds.org

Ground yourself, no matter the storm. ♥

A Grounded Minds Wellness Workshop

LEARN. GROW. CONNECT.

This workshop is educational in nature and is not therapy,
counseling, or mental health treatment.
Participation does not establish a therapist-client relationship.

