



Become a
Boundary Sentinel

Unspoken Boundaries[®]

Are you too sensitive to other people's feelings? Does interacting often leave you drained? Do you have enough energy left to take care of yourself at the end of the day?

Boundary Sentinel will

- Reframe your experience of being in the world
- Reframe empathy and compassion
- Reduce your vulnerability to others
- Teach you Energy First Aid
- And give you tools to manage the world successfully.

For More Information:

UnspokenBoundaries.com

The workshop is taught online and for organizations. It combines transpersonal and energy psychology, and physics. There is a spiritual element, whatever your spiritual orientation is welcome.

Foundation Level Workshop



Merle Yost
Making sense of people