

Unspoken Boundaries®

Become a **Boundary Sentinel**

An Experiential Workshop 2CE's

Teach your clients to build better boundaries

Your clients need better boundaries if:

- They are emotionally exhausted after speaking to certain people
- They don't know how to say 'no'
- They constantly seek approval from others
- They feel they're giving too much, and not getting enough back
- They are often tired for no apparent reason.
- They are often passive aggressive.

The workshop combines meditation, experiential exercises, visualizations, and body awareness methods.

For More Information: UnspokenBoundaries.com/CE



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