

**Harness the Power of Determination:  
Strengthen your Resolve, Consistency  
and Implementation and Become a  
More Confident and Assertive Woman!**



**A 6-Week Online Course with Joan Stenzler, LCSW  
Communication Specialist and Empowerment Coach**

**Weds June 30- August 4, 21, 6:30-8:00 pm \$ 500**  
(Two payment option: \$275@ June 23 and July 14)

***What you'll gain from attending this course:***

- ✓ Drill down and discover the 4 top fears about being confident
- ✓ ID 5 common perfection traps that prevent you taking action
- ✓ Examine the top 3 reasons you've hesitated to step out boldly
- ✓ Explore the 5 debilitating beliefs that drive you into overwhelm
- ✓ Come away with actionable strategies that will help you to build your determination, speak more assertively, feel more confident

***Program includes meditations on: Clarifying your intentions,  
building your focus and strengthening your resolve***

**EARLY REGISTRATION BONUSES TO BE ANNOUNCED SOON!**

**For more information, contact Joan Stenzler at  
646-250-5379 or [info@youramazingjourney.com](mailto:info@youramazingjourney.com)**