

# MINDFULNESS & MOTIVATIONAL WORKSHOP

## CULTIVATE GREATER WELL-BEING & SUCCESS



Harness the power of your mind  
with the feelings of your heart  
to **CREATE A BRIGHTER FUTURE**

## gratitude

START THE HOLIDAY SEASON BY  
SPENDING QUALITY TIME WITH  
YOURSELF AS WE EXPLORE GRATITUDE

Experience the proven benefits of  
GRATITUDE, and its connection to well-  
being & abundance

**WHERE:** Our Lady of Consolation Church,  
Ministry Center

**DATES:** Tuesday - December 10th

**TIME:** 7:15 to 9:00PM

**COST:** **FREE for ALL**


This workshop incorporates science-backed mindfulness techniques, guided meditations, gentle music, and self-reflective exercises to help you relieve stress, better navigate all of life's challenges, and create positive changes you want to see in your life. Join Charlie as he shares from his own life experiences and applications of mindfulness, providing a safe and supportive environment to identify and overcome blocks to health and happiness, transform limiting beliefs, and lay the groundwork for you to take steps towards creating a brighter future. You'll also experience deep relaxation and receive a roadmap to break old cycles and move in the *right* direction, opening you up to new possibilities!

*Neuroscience now proves that the mind alters the chemistry of the body, AND the brain's capacity to rewire itself with practice. By giving you the tools to do this, these workshops can create powerful transformation for greater wellness, happiness and success in both your personal and professional life.*

- BENEFITS**
- Unlock Potential
  - Reduce Stress & Anxiety
  - Improve Health & Well-being
  - Increase Self-Awareness
  - Find Clarity & Focus

**THIS  
WORKSHOP  
IS FOR  
ANYONE  
WITH A  
DESIRE TO  
CHANGE  
ANY ASPECT  
OF THEIR  
LIFE**

**\*ALL WORKSHOPS ARE DIFFERENT. THERE ARE NO "REPEATS." / NO PRIOR MEDITATION EXPERIENCE NECESSARY**



**CHARLIE SEMERARO** has facilitated workshops for a wide range of groups including Catholic Charity, Straight & Narrow, co-facilitated a popular 30-week course in social justice for the Franciscan Social Justice Network, and serves as a Board Member with the Dominican nuns at Genesis Farms. Charlie is a trained mindfulness and meditation facilitator with certifications in Neuro Linguistic Programming (NLP), wellness and motivational workshop facilitation, and spirit-mind-body alignment-based techniques. His 40+ years experience includes business acumen and a background in science blended with his spiritual beliefs and diverse training with masters in the fields of neuroscience, spirit-mind-body, human potential, and Earth Spirituality.

**LEARN MORE:** [TheNatureOfSelf.com](http://TheNatureOfSelf.com)

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**YOU'RE MORE POWERFUL THAN YOU THINK.**



**THE NATURE OF SELF**  
discover your power