

7 Steps to Dispelling Fear

Are you paralysed with the fear of what you face in 2010?

If you are living in fear and uncertainty or feeling unhappy or unfulfilled, this **half-day** seminar will help to dispel your fear so that you can face 2010 with inner power and certainty using:

The 7 Steps to Dispelling Fear

“The other Side of Fear is Freedom”

Join **Lynton Devlin** and **Eibhlin Johnston** for a unique **half-day event** on 12 December 2009 at the Radisson Hotel in Stillorgan.

Eibhlin has worked with Lynton for two years. Despite encountering significant challenges to her business and family life, Eibhlin remains grounded and positive. She attributes her clarity in thinking and success in business to Lynton.

Eibhlin has arranged for Lynton to share her knowledge and techniques in a safe and confidential group setting. At the end of which, participants can take away tools and techniques that Lynton teaches her clients.

If you are open to change you will be empowered

During the workshop, Lynton will share the 7 Steps to Dispelling Fear and give you resources that you can call on when facing the uncertainties and challenges of 2010 and beyond.

At the end of the workshop you will:

- Understand why we are experiencing such dramatic changes and upheaval in the last year.
- Have an enhanced ability to accept change and your reality
- Learn how to remain grounded and centred in times of uncertainty or when the “inner-critic and chatter” is out of control.
- Understand how to trust your heart-based thinking versus head-based thinking.
- Develop increased awareness that will assist you with “living in the present” and not the confused uncertainty of the future.
- Learn simple techniques for protecting yourself from the negativity in others and the media.
- Learn how to accept and use your inner power.

Meet Lynton Devlin

Lynton is an incredible guide for her clients. She is a successful Counsellor, Psychotherapist, Life Coach and Reiki / Seichem Master Teacher. She has worked with clients in Ireland and internationally. Lynton provides clarity and hope to clients who struggle with the dramatic change and uncertainties they face. She is passionate about people, energy and change. She comes from a background of 20 years in financial services and has personal experience of dynamic change which has led to her current successful practice. Her unique approach enables her clients to proceed at their own pace by providing realistic tools to overcome obstacles. The result is increased awareness and insight and a true sense of identity.

What you need to know

- Date:** Saturday 12 December 2009
Time: 10.00am – 1.00pm
Venue: The Radisson Hotel, Stillorgan
(<http://www.radissonblu.ie/sthelenshotel-dublin> for more details and directions)
Cost: €38 (to include coffee break)

How to Book your Space

Simply e-mail us on info@thinkcoaching.ie or call Eibhlin on 087 8583564.
We will send you the booking form and payment details.

We look forward to meeting you on the 12th December