



A LIVE, daylong retreat with Lisa Pepper-Satkin, MA, MFT



Saturday, June 15, 2019 • 9a-5p
Gourmet Food • Creativity
Nicasio, California

Is it sometimes scary to quiet your inner bully and stand in the truth of who you are?

Do you feel afraid to come out of hiding and own your genius? What I know for sure is we need to first understand what is getting in our way, become aware of what keeps us hidden, and then courageously peek out from behind the curtain. During becomingVISIBLEnow, you will join a fabulous community and you'll have space and time to quiet the inner critic.

Are you ready to take a stand in the truth of what you know you do best?

This LIVE, in-person retreat is called becomingVISIBLEnow because in learning to stand in our truth, we shine for the world to see. We get to gather in community.

It will be a day for you to:



Discover your authentic way of coming out of hiding. This will be the very best nest where we can all practice emerging



Learn to find a way to speak up more - both personally and professionally.



Find a way to cultivate a better relationship with these debilitating habits. Is fear and anxiety kicking your ass? Let's learn how to conquer to them together.



Hear your innermost wisdom.



Investigate the ways in which your inner bully is keeping you from doing or how it prevents you from shining.



Receive masterful coaching to dive deep into yourself.

Simply set your intention for what you want it to be. Let go, and then come and discover what's getting in your way. Then, do your very best.

We will celebrate progress vs. perfection.

You will join a beautiful community of other women who too are becomingVISIBLEnow. Gourmet food will be provided for you to feel pampered and nourished at this exquisite retreat site.

The investment in yourself is \$275

Ticket Price includes: Registration and cool materials, Gourmet luncheon

To purchase tickets go to lisapeppersatkin.com/becoming_visible_now/ and follow the link at the bottom to the Eventbrite page.