

Intuition, Intention, Inspiration

This practical PlayShop is experiential!

Note: The original videos were recorded in August of 2020. I've updated this handout and chose not to record a new version of the videos. The basic content of the 4 videos continues to be valuable.

What we will explore:

- How to tap intuition to improve our lives.
- How to set effective intentions and receive inspiration.

Objective: to experience the benefits of our powerful natural abilities, and how to use these to improve our life

Why is this important now more than ever? In the last few years, we've had challenges and stress due to the restrictions of social distancing during the COVID-19 Pandemic, emotional turmoil, and fear stirred up by the media. Our normal routines have been disrupted. There is a lot of uncertainty. Even though we've recovered some from the Pandemic, there are still concerns for our health and financial well-being. The world is going through major changes.

I encourage you to make time to contemplate this topic as we progress through 4 sessions together. If you like to journal that would be helpful. Feel free to send me an email to share your thoughts, experiences and questions. When I'm with a group I like things to be interactive.

Who is Bonnie Best?

Bonnie is a Heart-Centered Leadership Coach and author. She has been a teacher all her life, an educator drawing forth the wisdom from within a person.

She enjoys exploring ways to improve her own life, and the life of everyone around her!

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