

Reflections...

Do you yearn for more satisfying relationships with the people in your life? Perhaps you feel that things are "okay" but sense that something is lacking in the way you communicate with your partner, friends, parents or even co-workers.

Developing soulful relationships can be part of the foundation for a fulfilling and joyful life. In the process, we discover that a deeper relationship with self also occurs. As love is more present in each of us, it allows the same for others.



Soulful Relationship sessions and classes provide highly individualized assistance and an opportunity to share your unique needs and situation. Together we will then co-create a plan designed just for you.

Guidance Into Soulful Relationship

Offered individually and in workshop/seminar format.

Soulful Relationship guidance provides a model for developing relationships that honor each individual by communicating compassionately, from the heart. You will learn techniques, develop tools and have the opportunity to practice:

- ❖ *Heightening awareness.*
- ❖ *Communicating with honesty and compassion.*
- ❖ *Overcoming false beliefs about yourself and others.*
- ❖ *Developing skills for showing positive regard for others.*
- ❖ *Enhancing your ability to be genuine.*
- ❖ *Deepening your heartfelt connections with loved ones.*



*Candace Sinclair is the clinical Director of **Northwest Community Counseling Services**. She is a licensed mental health counselor, educator, small business owner and with her husband of over 30 years has raised two daughters.*

To discuss your needs, please contact Candace at:

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