

Vashti's House EMOTIONAL WELLNESS WORKSHOP

Vashti's House Emotional Wellness Workshop will help you...


Identify the **worth and value** of different emotions so you're not "paying too much" on the wrong things!

Strategize for **budgeting** your emotional energy to meet your goals and improve your health, relationships, and overall happiness!

Grow your **emotional energy wealth** so you have more to invest in the causes, relationships and activities you love!



Money can't buy happiness.

But carefully invested emotional energy can! 

A fun, engaging and emotionally energizing workshop, you'll learn relevant and accessible life skills you can implement immediately.

Skills like **visualizing your emotional energy** like money you spend. **Identifying the value** and worth of different emotions.

Budgeting your emotions to improve your life and grow your emotional energy wealth!

Register for the next Vashti's House Emotional Wellness Workshop at www.vashtishouse.com

Host a personalized workshop for your organization! Contact Vashti at vashti@vashtishouse.com

EMOTIONAL HEALTH IS NOT A LUXURY FOR THE FEW, IT IS ACCESSIBLE TO EVERYONE!