



VASHTI'S HOUSE- An Introduction

MAKE YOURSELF AT HOME!

1. If you want something to last, it can't be built on a compromised foundation.
2. Home is the foundation we build our life upon.

HOME

Peace
 Expectancy
 Belonging
 A sanctuary for growth



“There were huge chunks of my childhood where home wasn't happening and I was just learning to survive. As an adult, my survival mentality and skills didn't help me move forward very well. To be the person I knew I could be required re-working the foundations in my inner self. **Vashti's House** was created to help you do the same.

Vashti's House exists to give you the support, tools, and resources you need to create the foundation of “home” in your life. To make home inside yourself and create home wherever you go.”

Come on in and let me show you around!

For Yourself

E-MAIL Vashti and let her know how she can support you.

SIGN UP for a life-coaching session.

DOWNLOAD the free workbook and do the **Grow Your Heart/Train Your Brain** exercises for inner healing and growth.

PARTICIPATE in an Emotional Wellness Workshop. If there isn't one in your community, gather your group and schedule one.

...and more!

For Your Community

FACILITATE inner health at home or organization with the **Grow Your Heart/ Train Your Brain** workout program

INCORPORATE the **Character Qualities-the Tools for Life** education curriculum as part of your family or organizational learning culture.

SPONSOR an Emotional Wellness Workshop.

...and more!

For Your Clients

USE the **Grow Your Heart/Train Your Brain** program as a supplementary intervention tool for individuals or for group facilitation.

TEACH or facilitate **Character Qualities-the Tools for Life** as a primary curriculum in any educational or treatment intervention setting.

SHARE a relevant blog or vlog

...and more!

Visit us at www.vashtishouse and stay awhile! Everyone welcome!



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