



VASHTI'S HOUSE

EMOTIONAL WELLNESS WORKSHOP



ARE YOU FEELING EMOTIONALLY CONFUSED OVERWHELMED OR DEPLETED?

Make sure your emotions are working for you instead of against you!
This workshop will give you the skills you need effectively manage
your emotional energy to get the things from life you want.

COMMUNITY WORKSHOPS

These introductory workshops are provided as a courtesy to the community and are available to anyone. Three hours and \$40 will give you the skills you need to put you in charge of your emotional energy. Check out the website to sign up for the next available workshop. Treat yourself, bring a friend or invite your colleagues.

PROFESSIONAL DEVELOPMENT WORKSHOPS

Are you a part of a company or organization that depends on your staff and volunteers to be emotionally healthy and available? Do you want to minimize burnout and turnover rates? Let Vashi's House host a workshop that will equip your valued service providers for effective management of emotional energy. Purposeful and healthy emotional energy is your company's most valued resource!

Maybe money can't buy you happiness, but carefully invested emotional energy can!



CALL US FOR MORE INFO

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www.vashtishouse.com