

Mastering Your Emotions

*Learn to Use Your Emotions as Tools of Awareness vs. Being
the Tool of Your Emotions*



We live in a world where emotions are not welcomed and often shamed...especially BIG and intense emotions. If you grew up in a home with an unhealthy emotional environment, chances are you learned similar unhealthy patterns. Not being able to navigate through our emotions in a healthy way produces an inner battleground where shame and guilt end up running the show and it's then easy to fall prey to addictive and self-sabotaging behaviors. We are looking for inner-peace, but the truth is, it comes from feeling and facing all of our inner feels.

In this talk, Erin shares 3 simple components that when you start using them, will produce self-awareness, more fulfillment, and more possibility in all areas of your life.

Erin shows you how to transform the experience of your emotions from what feels like a battleground to a playground of possibility.

LENGTH OF TALKS AVAILABLE



Keynote
30-to 45- minutes



Breakout
45- to 75- minutes

THE MAGIC WE'LL CREATE TOGETHER

- ★ Start experiencing life as a playground of infinite possibility and wonder
- ★ Learn 3 simple yet profound steps to turn any trigger into a tool of self awareness
- ★ Step into a level of confidence you have never experience within yourself

"Erin's presence and conversations not only captivate her audience, but she also has a way of activating a deeper wisdom within that truly inspires and empowers the listener and participant to make radical and lasting shifts in their life. The energy she brings evokes the hidden truths buried in the depths of your soul to allow for healing and transformation to occur. Thank you Erin, for stepping into your highest light so others can do the same."

-Diana Marraccini, Business Operations Manager & Intuitive Guide