

# Women Embracing Wholeness Level One

If you are experiencing internal messages similar to the woman in the picture,

This program is for you !



No one hears me !

What is wrong with me ?

.....makes me so angry !

Why can't I say "No" to.....!

I feel invisible !

I feel so ugly !

Why can't I be happy ?

I'll never get it right !

I feel so stuck !

*"Who looks outside, dreams. Who looks inside, awakes." - Carl Jung*

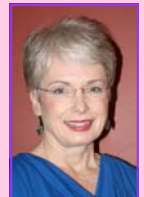
## Armstrongs' Counselling Services

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## Donna Armstrong, B. Ed.,

### Founder of WEW I & II Programs

Integrating Methods from:  
Psychology of the Selves & Aware Ego Process  
Voice Dialogue Methods & Body Dialogue Techniques  
Energy Psychology Practices  
Advanced Integrative Therapy Trauma Protocols



## Women Embracing Wholeness - Level One

The *Women Embracing Wholeness* Program is an innovative and unique Women's program which allows each Woman the opportunity to: contact, open, explore, and retrieve internal wisdom; thereby allowing each Woman to energize her own wholeness. Women will increase their awareness of certain negative (disempowering) patterns that have been operating in their lives. Through individual and group facilitation, each Woman will have an opportunity to identify the gifts and limitations of life-long patterns. With support, each Woman will experience and begin the process of creating her own unique set of skills which allows her greater choice in how she operates in her life. The unique design of this program builds on each Woman's individual choice of what she shares in the group. In the 20 hours of this program, each Woman will have the opportunity to learn many energetic and practical techniques for living life. The program is intended to provide each Woman an experience of awareness and self-discovery in accessing the internal wisdom of *Women Embracing Wholeness*.

<u>8 Weeks</u>	<u>Dates</u>	<u>Program's Agenda for each: Wednesday Evening's, 6:30 pm - 9:00 pm</u>
1.	February 3, 2010	Discover the gifts and limitations with experiential exercises of your Inner Protector
2.	February 10, 2010	Investigate the boundaries of your Personal and Impersonal energetic fields
3.	February 17, 2010	Experience your Body's awareness in relationship to your internal energetic boundaries
4.	February 24, 2010	Investigate the patterns of internal messages that override the Wisdom of your Wholeness
5.	March 3, 2010	Choose conscious balance with your: Pleaser, Perfectionist, Pusher, Caretaker
6.	March 10, 2010	Experience transforming your Inner Critic's messages to access your Internal Wisdom
7.	March 17, 2010	Explore and experience how Judgements, Discernments and Forgiveness may serve you
8.	March 24, 2010	Program's "Co-Creating" communication skills summarized with self-evaluation

### Testimonials From participants of the Women Embracing Wholeness - Level One Program, formally known as "The Speak Up and Speak Out Program for Women"

*This course has encouraged me to stand up for myself and be true to who I am, and what I want to become. As a facilitator, Donna is knowledgeable, empowering and creative. She has created a safe and gentle program.*  
~ J.B. (2006)

*I would recommend this course to any woman, because it is not a course of learning what is wrong with you as an individual, but is a course in understanding what we are made up of and how to encourage the growth inside.*  
~ Anonymous (2007)

*I gained big insights into what parts there are in me and how important they are and how they work. Attending this program makes me want to search for more. Donna, as a facilitator, is very good, clear and concise.*  
~ Anonymous (2008)

*Attending this program helped me to see myself in different ways to put myself first and to change the way I think. I loved the meditations, poems, reflections and mirror work. Donna was very positive, supportive, caring, soft spoken and took the time to make each one of us feel important.*  
~ C.M. (2009)

### Donna Armstrong, B. Ed. Founder of "Women Embracing Wholeness", Level One & Two Programs

Since 2005, Donna has provided this women's program twice a year. Donna has integrated many psychological and energetic methodologies, such as: Voice Dialogue, the Aware Ego Process, Energy Psychology, Advanced Integrative Therapy, Body Dialogue and Re-Creation of the Self. The *Women Embracing Wholeness* program provides an opportunity for each woman to access and experience their own innovative and individual journey towards enhancing their own internal feminine wisdom and wholeness.

#### For more information:

View website at: [VoiceDialogueEdmonton.com](http://VoiceDialogueEdmonton.com) or [Armstrongs.Counselling.com](http://Armstrongs.Counselling.com)  
Email: [donna.a@telus.net](mailto:donna.a@telus.net)  
Telephone: (780) 444 . 4399 (All information is strictly confidential)

**Registration Form**, send registration form, with cheque; payable to: Donna Armstrong; for \$ 300.; addressed to: Armstrongs' Counselling Services, 10027 - 166 Street, Edmonton, AB T5P 4Y1, receipts will be issued first night of program

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First Name

\_\_\_\_\_  
Last Name

\_\_\_\_\_  
Apt. #, Street Address or Post Office Box Number

\_\_\_\_\_  
City or Town, with Postal Code

\_\_\_\_\_  
Home Phone

\_\_\_\_\_  
Cell Phone

\_\_\_\_\_  
E-Mail Address