

## Details of the Workshop

Criticism is a driving force in our lives .

Unfortunately for us we are neurologically programmed to focus on the negative. Positive criticism is washed away by the powerful negativity. This creates self-doubt, poor motivation, and low confidence.

Positively Critical workshops focus on the neurological processes that can change that negativity into a positive force to motivate yourself, gain confidence, and believe in what you can do.

## Sign up today to Conquer Criticism



Saturday April 25th, 9-4:30



Hyatt Place—SLC/ Cottonwood 3090 E 6200 S



Cost - \$200 per person

What you can expect to learn from a Positively Critical Workshop

- Learn to quiet the demotivating inner voice
- Understand how we cope with stress and criticism
- Approach feedback with more confidence
- Learn how to be less defensive when criticism is delivered
- Understand how to deal with critical people
- Build confidence from criticism
- Use the criticism in your life to work towards your goals

To Reserve your Seat or for questions, visit www.positivelycritical.com, or email Jeff@positivelycritical.com