

VASHTI'S HOUSE COMMUNITY WORKSHOPS

Fall SCHEDULE

THE BEST THERE IS FOR SELF IMPROVEMENT



EXTREME LISTENING

◆ Lunch and Learn

Listening is the golden key that unlocks doors! Now more than ever we need healthier relationships, better connections and more unity in our families and communities. This two-hour workshop is going to give you the key to unlock those doors and many others. **Vashti's House** training specialist Coach E. will open your eyes to the art and science of listening like never before. Don't miss out on taking advantage of his 25 years and counting of practicing his learned listening techniques as a crisis negotiator, wellness advocate, mentor, and chaplain.

September 14th - Salem OR



EMOTIONAL HEALTH AND WEALTH

◆ Workshop Intensive

Our emotional energy is the currency we use to get the things in life we want. Do you feel like you never have enough emotional energy to invest in the people and things you care about, including yourself? Do you wish you had more emotional energy to deal with life as it comes instead of feeling triggered and overwhelmed? A **Vashti's House** favorite, this workshop will help you learn to budget the emotional energy you have so you can grow your emotional energy capacity and get the things in life you want. Stop wasting emotional energy and make it work for you!

October 18th - Salem OR



GROW YOUR HEART/TRAIN YOUR BRAIN TO GET FIT

◆ Workshop Intensive


It's time to get fit- emotionally and mentally that is! We know how important exercise is for our physical health, but did you know that you can also do activities that will naturally and organically make you emotionally and mentally healthier? Think of this **Vashti's House** workshop as a group fitness class where you will be doing and learning about fun activities that will expedite trauma healing and internal development. Stress and trauma hinders health and growth, and this workshop will jump start you into a whole new self that will last a lifetime!

November 2nd - Salem OR

Come alone. Bring a friend. Invite a colleague. Everyone Welcome!

INFORMATION & RESERVATIONS

**Have Fun
Feel Better
Learn Lifelong Skills**

 503-400-5678

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