



MASTERLEARN WORKSHOPS

60-90 Minute Experiences In-Person or Through Zoom

<p>SAGE MIND Seeking advantages gained from experiences. Gain knowledge and practical application for this learning method.</p>	<p>MEDITATION Enter calm, observational mental states merged with breathing techniques to increase confidence & self-knowledge.</p>	<p>MINDFUL JOURNALING Including several methods, explore inner states and contemplation using writing as the primary tool.</p>
<p>COMMUNICATION SKILLS Develop compelling, engaging bearing to interact with people, gracefully diffuse conflict and leave positive, impactful impressions.</p>	<p>DIGITAL MANAGEMENT FOR FOCUS Clean up the email inbox, computer and phone files. Take practical steps to organize digitally so the mind can remain focused.</p>	<p>COMMUNICATION SCENARIOS Ideas are tested through experience. Dive deep into various communication examples and apply skills.</p>
<p>WORD POWER Discover how words influence the body-mind system. Create your own affirmations with metaphysical methods.</p>	<p>SUBCONSCIOUS PROGRAMMING The mind's influence in career development & personal life. How to cultivate growth-oriented, holistic mental power.</p>	<p>GOAL-SETTING Learn how to shift from broad desires to distilled intent. Create clarity from confusion. Set practical steps for goal-achievement.</p>
<p>EMOTIONAL INTELLIGENCE Understand how emotions influence perception and decision-making. Learn methods to increase EQ management.</p>	<p>MENTAL BARRIERS Learn uncommon roadblocks that prevent manifestation. Examine your unique subconscious messages that may be standing in your way.</p>	<p>ART OF SYMBOLOGY Discover the power of images and meaning. Recognize the symbols currently in your life. Design your own symbols to amplify self-development.</p>

To book a MasterLearn Workshop, contact Trent @ tr@iamtrentrhodes.com.

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