

Community from the Heart

Build your social & emotional intelligence

- Find release from anxiety, worry & stress
 - Enhance communication skills
- Increase understanding of others even in disagreement
- Resolve conflicts in a way that creates greater connections
- Access your best intelligence & creativity
- Develop great self-confidence & resilience



Sessions

Saturday, Feb. 16th
9am-5pm

Training at Unity of Gaithersburg

+

Feb. 23rd, Mar. 2nd & Mar. 9th
10am-11:30am

Online group coaching sessions

+

Three 30-minute Wake-Up Heart
conference calls

Facilitated by
Maureen Hylton &
Mary Ellen Steveling



Course Fee: \$249

Register at:
www.unityofgaithersburg.org
301-947-3626