**REASONS YOU NEED ME!**

Tann can be, will be a safe place for you to be authentically You. Breathe, sis!

Tired of being the “strong friend”?

Available services:

* Analyzing your environmental strengths

Who are the people that have your back? Is your circle a support circle or are y’all just hanging out?

* Detox your relationships

Who are you spending time with that is draining you? Let’s be intentional about who gets your time, and energy!

* Self- care

Are you taking care of your physical appearance, health, emotional needs…plus others

* The power of NO

Let’s gain understanding on when No is necessary & how to say No w/out feeling guilt

* Grow your self-kindness

Let’s discover why you need to grow you self-kindness, Let’s explore ways to do so. Its time to be HAPPY AND IN LOVE with self!

Need to improve your communication skills?

Available services:

* Boundaries

Do you have healthy, weak or wall building boundaries?

* Stop being frustrated and resentful.

Let’s create healthy boundaries

* Do you really live by your values?

Let’s explore and access your values, values-action discrepancies and value-based living

* Get yo’ mind (emotions) right!

Let’s gain an understanding about your emotions

Are you having relationship issues?

Available services:

* What really matters to you? Cause at the end of the day, the day gotta end……

Examine different aspects of your life and see what really matters to you.

* You, are the Best!

Write a story where you are great, you shine, you win at all of the things- highlighting your strengths & values

* Discover your energy zappers……

 Do you feel exhausted? Is it mental, emotional or physical?

No one understands you?

Available services:

* Get yo’ mind (emotions) right!

Let’s gain an understanding about your emotions

* Do you know how resilient you are?

Let’s explore your self-kindness vs self- judgment; common humanity vs isolation; mindfulness vs. over identification

* Team “you”

Is your crew full of cheerleaders or duds?

* Increase goodness in your life!

It’s time to let those bad habits go! Daily success is the goal.

Can't manage your time; are you always late?

Available services:

* Stop procrastinating
* Improve your work or home life
* Too much to do, with so little time?

Do you get in your own way? Need help sorting it all out. Let’s work on it, one week at a time.

Need to adjust to a new life?

Available services:

* + Three month tap in……

Set goals…become resilient….crush challenges…..win…. Grow!

* + Red light, Green Light…

Energizing vs disengaging activities

* + What really matters to you? Cause at the end of the day, the day gonna end……

Need to learn to accept others?

Available services:

* + Increase awareness during meditation

Develop awareness through mindfulness meditation

* + Analyzing your environmental strengths

Who are the people that have your back? Is your circle a support circle or are y’all just hanging out?

Want/Need to simplify your life?

Available services:

* + Increase goodness in your life!

It’s time to let those bad habits go! Daily success is the goal.

* + What really matters to you? Cause at the end of the day, the day gotta end……

Examine different aspects of your life and see what really matters to you.

* + Discover your energy zappers……

Do you feel exhausted? Is it mental, emotional or physical?

**To be continued……**

Grasping for greatness and its slipping through your fingers?

Looking for happiness?

Need to identify and set goals?

Are you failing to move forward in life?

Are you having money issues?

Struggling with your faith?

Need motivation?

Need help finding a balance in life?

Need to gain more confidence?

Want to increase or gain peace or serenity in your life?