



EMPOWERMENT



## Journey to Balancing Your Life

END the RED



with Brandy T. Jones

**Journey to Balancing Your Life  
Archives Available  
May 18th 2017: Cultivating Inner Trust and  
Finding Your Inner Resources**

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Learning to listen to your inner voice is not always easy. The outside world can drown out your intuition. However, overcoming these barriers is important for growth. Joining Brandy is Maura Torkildson and Nancy Monson. They will discuss how to empower women to trust their bodies, their emotions and their intuition. They will explore how cultivating your inner resources can transform your life. You will learn: How does emotional intelligence support building a balanced life? Why is emotional awareness important to utilizing intuition? What is the most important step for cultivating both emotio

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### Featured Guests



#### Nancy Monson

Nancy Monson, MA, MBA, CPCC is a Soul Purpose Advocate devoted to helping people live a soul directed life every day.

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#### Maura Torkildson

Maura Torkildson is The Inner Tree Cultivator - an intuitive healer, spiritual mentor, and author. She is passionate about transforming women's relationships to their inner resources (their inner tree) and cultivating trust so they can put their intuition to work for a better life! She empowers clients to trust their bodies, their emotions and their intuition.

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