

WORKSHOP

BREAKING THE GOOD-GIRL HABIT

to create powerful boundaries in business and life

Hands up if you know you grew up a “good girl”.

A people pleaser.

A woman who always put her own priorities and needs second...or third... or last, behind everybody else's.

Yeah, me too.

Problem is, that approach no longer serves us, in work, in love, in life. You know it. I know it. But it can be a powerful, lifelong pattern and a difficult habit to break.

Join internationally accredited executive coach Karyn Brinkley for this two-hour workshop, as she explains what's really going on when you find yourself reverting to a version of yourself your parents and teachers would applaud, but which leaves you missing out on all you know you deserve.

And learn the three key strategies in this one life-changing session that will put Good Girl in her place and you in charge of your satisfaction and success, simply, painlessly, joyfully.



2 HOURS, LIFE CHANGING

- Where Good Girl comes from and why she's still in your life
- The costs of keeping her around after she's outlived her usefulness
- Three key strategies to help you let her go, once and for all...
- And the one essential habit that means she won't come dancing back when you least need her
- How to set (and reset) boundaries in your brave new world without Good Girl
- And how to feel just as good — just as supportive, just as worthy — as you did before, without sacrificing your own needs and wants.

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