



## Teach-Lead-Heal™ Workshop Series

### Listiner Inspires, LLC

Email: [info@listinerinspires.com](mailto:info@listinerinspires.com)

Business Line: (802)347-3235

Website: [listinerinspires.com](http://listinerinspires.com)

The **Teach-Lead-Heal™** workshop series are designed to help those who have been impacted by abuse and trauma to start living their Best-Healed life. I personally understand the struggle and residual side effects that can come from being abused. I wanted individuals like myself to have a safe and welcoming environment to address the pain without shame and to learn they are not alone, get resources and tools they can use daily, and also know they do not have to have it all figured out. Just like life is a journey so is healing, therefore I purposefully designed the Teach-Lead-Heal™ workshop Series to help them along their healing journey.

### FOCUS TOPICS

#### Forgiveness

Learn how to **Acknowledge** what happened, **Accept** it wasn't your fault and **Act** in healing by forgiving the person and yourself

#### Facing Fears

Regain your **Power** by setting your **Focus** on what you are capable of doing and become intentional about replacing every negative thought with a positive one rooted in **Love**.

#### Purpose and Identity

Learn to **Surrender** to God's will for your life and walk in **Obedience** and Purpose to God's perfect design for you with the **Faith** in knowing you shall succeed.

#### Dreams and Goals

Start each day with **Passion** to live out your dreams and the **Purpose** to set goals about the things that matter to you all while being excited about the endless **possibilities**.



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For more information and discount group pricing, please send an email to:  
[info@listinerinspires.com](mailto:info@listinerinspires.com)

I look forward to working with you in an effort to bring Healing & Recovery to the masses.

Listiner Inspires, LLC is a lifestyle company that specializes in teaching individuals/families/organizations that are impacted by trauma and abuse, how to move beyond the trauma and into healing. I am also an Award-Winning Author, Mental Health Advocate, International Speaker, and Healing & Recovery Accountability Expert & Coach