



## Is Guilt Hovering Over You?

We all have obligations, but may suffer guilt over other responsibilities that we feel need doing. Does one mistake spiral you into an overwhelming sense of guilt? Do you suffer from anger or resentment that hide your feelings of guilt?

Join us, *Walks Beside Coaching*, for a new look at how guilt shapes our daily lives & how you can change it.

*You will leave this session with these highlights:*

- ✦ How to separate responsibility from guilt
- ✦ How to separate 'belonging' from assuming guilt
- ✦ Identify external forces that influence guilt
- ✦ How to keep your commitments without guilt
- ✦ Develop your plan to discard guilt from your life

Date: 3/21/08

Hour: 1:00 pm Mountain Time, register at

[http://www.walksbesidecoaching.com/BizOrgwww/Events\\_Workshops.htm](http://www.walksbesidecoaching.com/BizOrgwww/Events_Workshops.htm)

or call 505-424-4771

Cost: \$22 including strategy worksheet