

Restored to Serenity

8-Week Women's Group



Just because the past didn't turn out like you wanted doesn't mean your future can't be better than you ever imagined.

—Anonymous

Your Life Vision and the Support to Make it Reality

Hands-on, in person. St. Petersburg, Florida.

Next group starts Autumn 2017.

Group size limited. \$160 covers fees and supplies.

Contact me for start date, info@LisaGrinnell.com

727-422-8908



Lisa Grinnell
LMHC

I interweave mindfulness, internal conflict resolution, and trauma recovery so the people I serve can live more joyfully.

My experience includes 11 years facilitating women's empowerment groups, and working with individuals and families to heal personal and interpersonal suffering.

1

WHAT DO I WANT?

Envision your best life using treasure mapping. It produces results!

2

HOW DO I GET THERE?

We don't arrive all at once. A step-by-step plan and plenty of support are key.

3

WHAT IF I GET STUCK?

Plot twists and emotional blocks are part of the journey.