

## **Killing the Happiness Thief:**

*How to unlearn the lies you believe about yourself and find authentic happiness*

### ***How often do you catch yourself saying sentences like this?***

- **I'm afraid of...** (of trying, of failing, of not having enough time, of doing a good enough job)
- **I don't deserve...** (Success, happiness, fun, money, recognition)
- **I'm not enough** (not smart enough, good enough, skinny enough,)

**These sentences clearly indicate the Happiness Thief is alive, well and thriving in your life.**

Every time you say these things, you are allowing the Happiness Thief to steal potential moments of happiness. The good news is, this talk will give you some insights and tools to help you prevent the Happiness Thief from taking any more precious happy moments from your life.

### **In this presentation:**

- **Learn more about the Happiness Thief, how to identify when they are disrupting your life**
- **Discover a few tools to help you positively reframe your perspective and language - to bring more happiness into your life**

*"She uses a four-key approach: integrating balance in not only the physical realm of my work and personal life but also in the mental, emotional and even spiritual realms..."*

*Holly is so very supportive and has mastered mentorship! I unreservedly recommend her"*

*R.R. MBA, Entrepreneur, Writer and Consultant in the Naturopathic Industry*



### **Holly Hansen**

Holly deeply believes in helping people find out what will uniquely create meaning, happiness, balance and contentment in their lives. She creates a sacred, positive and supportive learning and coaching space to help her clients learn, explore and grow. In her coaching practice, she draws from unique life experiences: from her own wealthy family complex dynamics to early exposure to the entertainment/music industry, as well as successfully overcoming her own personal barriers to happiness. *International Coaches Academy Advanced Program - ICF recognized program.*