

## Inspirational Speaker | Author | Life Coach | Heart-Math Coach

### Paola Castro - Session Description: You are worthy.

Imagine a life filled with inner peace, courage, and unconditional love. Imagine living with a sense of bliss and purposefulness. Now, stop imagining; all this and more is completely within your grasp once you finally feel WORTHY of all that your heart desires.

A sense of personal self-worth is something that many of us struggle to maintain. We live in a world where people don't always feel safe to be themselves, to trust their intuition, or even to trust life itself. This can foster a constant sense of impending danger, and as a result we, as a society, have become anxious, depressed, sick, and overly controlling.

In her powerful session, Paola creates a safe space for participants to embody a mindset of sustaining hope, trust and healing – one that may be vastly different from what they are used to. With the soft strength of a human with a close connection to the divine, Paola brings forth our hidden innate wisdom. Like any muscle in our bodies, this sense can be strengthened and fine-tuned to allow us access to the life we deserve.

Ego and fear may have been our biggest protectors in the past, but it is the time to redefine our parameters. As Paola proclaims, *“A war against war, is still war.”* In other words, she characterizes any fight *against* the mind and its unhealthy patterns as a battle not worth fighting. Rather, she encourages everyone to develop a deep understanding of the immense power of the human brain and why we do what we do.

In this session, participants will learn:

- The most powerful mental asset we have to change our internal stories;
- Simple (and some not-so-simple) practices to create new lifestyles; and
- Ways to sustain self-worth and self-mastery over time.

This is not another “motivational talk.” Paola will take participants on an authentic journey of hope and inspiration. Attendees will leave with an expanded awareness and the courage to take consistent action to live the life that they deserve.



LENGTH: Can be 45-60-or-90 minutes in length, including Q&A.

To book Paola for your next event or workshop, contact [paola@paolacastrocoaching.com](mailto:paola@paolacastrocoaching.com) or call +506.8730-6944.