

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

Paola Castro - Session Description: Integration: The Journey from your head to your heart.

Imagine a life filled with inner peace, authenticity, and connection. Imagine living with a sense of bliss and purposefulness. Now, stop imagining; all this and more is entirely within your grasp once you stop looking for it outside yourself and remember it is all within you.

Many of us struggle to have a deep connection with ourselves. Unfortunately, we live in a world where people don't always feel safe to be themselves, trust their intuition, or even trust life itself. This can foster a constant sense of fear, 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. Instead, 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 potent mental asset we have to change our internal stories;
- Simple practices to create a new lifestyle; and
- Ways to sustain a deep heart connection and thus self-mastery over time.

This is not another "motivational talk." Instead, 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 from their hearts.



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 or call +506.8730-6944.