

Life Mapping Program

Created by:
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The Life Mapping program is designed for leaders and influencers in companies, families and communities.

This 10-session program is specifically designed to take people back into their personal history to understand the roots of strengths and patterns and how they impact current behaviors, belief systems and our interactions with others. It identifies and works to correct any negative patterns that may be holding the person back from optimizing their potential.

Professional outcomes...

- Gain insight into your own leadership style
- Identify what empowers you to inspire and lead
- Notice triggers that disempower you in workplace interactions
- Learn techniques to change negative patterns
- Build awareness on how systems work & how organizational dynamics can be led with consciousness and creativity
- Develop compassion and empathy towards co-workers, employees and clients through increased psychological awareness of what motivates people
- Develop empowering techniques to stay fulfilled and passionate in your work life

Personal outcomes...

- Develop the ability to interpret and understand positive and negative “scripts” from childhood based on your life experiences
- Raise your self-awareness & your ability for self-care to promote clarity and holistic health
- Embrace your strengths and gifts and your ability to leverage them for your personal wellbeing
- Increase your understanding of old, negative/limiting beliefs passed on through generational patterns
- Engage in techniques to release old patterns and replace with empowering beliefs
- Recognize roots of stress and their impact on your health, resilience, and development

*The program consists of 10 one hour sessions and the price is \$4500.



Meg Flynn

Meg is a Licensed Marriage and Family Therapist. She holds an M.A. in Counseling Psychology and a postgraduate certificate in Marriage and Family Therapy from the University of St. Thomas; a B.A. in Psychology from the College of St. Benedict in Minnesota; and a postgraduate certificate in Early Childhood and Family Education from St. Cloud State University. She has completed specialized training in infant/toddler development and in holistic energy medicine.