



## **Women's Roundtable Self-Value & Empowerment**

### **Self-Awareness**

Recognition, Acceptance, Release

### **Knowing My Value**

Know what you value most about Yourself

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2016 & 2017 **Award-winning**

Life Empowerment Coach / Energy Healer/ Author  
Founder SEDONA SOUL BALANCE

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***Hello dear Women and Girls Everywhere,***

**Let's discover Self-Awareness, ditch Guilt, Blame, Shame – start the Journey - NOW.**

**In this class at the WOMEN'S ROUNDTABLE we will take a first look at -**

**"HOW do I counter, diffuse and overcome guilt, shame, blame?"**

**"How can I achieve emotional peace and freedom?"**

**"How does my spiritual Journey start?"**

**Yes, these are the most frequently** expressed questions in my work as Life Empowering Coach - eight out of ten women have the same problem at home, at work, and even during their leisure time. No matter where they live around the globe. This has got to change! And here's HOW.

**As you are reading this** you already have taken first steps toward Emotional Independence and Self-Empowerment and most likely have recognized the immense potential that lies in learning even more. Let's go for it all the Way and see how you will transform thoughts and actions manifesting a new peaceful soul and productive, joyful life style:

**\* HOW you can transform** your Life to be able to address and solve every day challenges, bringing in more harmony in family/friends settings, and learning stress reduction skills;

**\* HOW you can** re-energize your Self for abundant Success of any kind such being more effective at work, knowing when to remove yourself from a situation, improve skills benefiting your business;

\* **HOW you'll** use Your newly found Self-Awareness with inner Strength for problem solving, finding solutions and life improvement skills;

\* **HOW to use** the step-by-step instructions and the tools & skills to live a rewarding, productive and joyful Life.

\* **WHAT will you decide** next so your Soul is the foundation to Wholeness and Self-Love?

\* **How can you learn** to protect the inner child, your little You? THAT is the key to emotional liberation, to summon the inner strength to make changes, and to transform your life. Protect her.



**Let me draw your attention to what you'll get in this first class:** topics are designed as extensive presentations with Q& A, detailed informative text, guidelines to implementation, Q & A, 'food for the soul', and detailed learning instructions you need in order to get your desired outcome.

**Self-Awareness** through Recognition, Acceptance, Release / Let Go

**Knowing My Value,** know what you value most about yourself, where you place your own worth

**Begin living without guilt, shame, blame-** defeating those disabling feelings

**This WOMEN'S ROUNDTABLE, Self-Value & Empowerment**

class was modeled on the the monthly gatherings in my community; and- on the Sedona Soul Tours I provide. In any case, it was created for you to recognize that you do not have to live in fear, constant caution, and with feelings of inadequacy. The entire "Women's Value & Empowerment" project has been created especially for women of all ages. And for those men who cherish and respect their own femininity.

**I've helped countless people** from around the globe, and love to help you. It is a practical look at *Self*, at possibilities you can embrace to begin the change and transform yourself into a self-assured, self-empowered and strong, enlightened female.

**Yes, you can achieve** those things you're dreaming about and of. Give yourself the gift of daily attention, check out the lectures, practice and repeat them and take notes; especially when you experience an 'aha' moment. You ask why? Well, very simple: so you remember to repeat it over and over again until it becomes a habit and part of you!



Thank you for your trust.

See you in Class for the "*Women's Roundtable, Self-Value & Empowerment*"

Should you have questions, please call on me: 928-254-2879

Your Instructor -

Anke Otto-Wolf  
Sedona, Arizona

**Anke Buffalo Feather Otto-Wolf, Life Empowerment**, Veteran Educator, award-winning Author, Motivational Speaker; Anke is the Sedona authority on Soul Balance as the foundation for healthy, productive life. She trained with international experts and spiritual growth teachers like Jack Canfield (Chicken Soup of the Soul), Michael Beckwith, Hal Dowskin of Sedona Method, Rod Bear Cloud of Sedona, and many others. For 25 years she has been practicing and teaching in local community, national school systems, internationally and on-line. Anke has created the after school project 'Toley Ranz' , based on her belief that to "Reach a Soul, is to transform a Life", for which she has been honored by former President Bill Clinton,

**Her profound connection to Mother Nature** and the ancestors has taken her to the highest levels of her own Self-discovery. She now shares her Wisdom of Healing the Soul as foundation to Wholeness and Self-Love.

**Anke's Sedona Soul Balance** reaches around the globe. Anke's deep Belief that every woman and girl must be FREE of all domination, may it be by societal influence or family traditions, only then can female energy step into the power where it is meant to be. Matriarchal tribes do not engage in war. It is Anke BuffaloFeather's goal to provide insight, wisdom, expertise and practical tools to women and girls of all ages so they can determine their own life's future.

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