

# 1 hour...

The beginning of a life changing opportunity

**Gather with friends,  
colleagues and others  
interested in cultivating  
relationships by using  
energy effectively and  
building Inner Wealth™.**



During this 1-hour introduction to the Nurtured Heart Approach® (NHA®) I will:

- Tell about Howard Glasser, the creator of the NHA
- Explain the history of the NHA and its use with intense children
- Share the 3 Stands™ of the Approach®
- Give examples of how the NHA supports relationships with ourselves, challenging children and others
- Provide next steps for learning more about the NHA



## SHINE FROM WITHIN

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Gather a minimum of 8 participants  
to access this free presentation.

<http://www.shinefromwithinconsulting.com/contact.html>