

From Obstacles to Opportunities

*Shift your perspective,
and the world opens up before you.*

How often have you found yourself stuck, whether it's in a challenging situation or even just inside your own head?

How often have you been frustrated because you just can't seem to find your way forward?

And yet, sometimes all you need to do is look at things from a slightly different angle, and suddenly you realize that the solution you were seeking was right beside you all along.

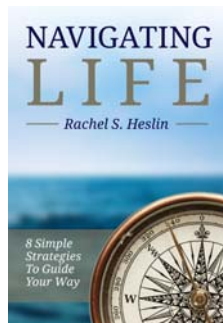
Attendees will learn how to:

- Separate Their Stuff from Other People's Stuff
- Recognize the benefits of seemingly negative experiences
- Update their inner critics into allies
- Move forward with greater confidence and excitement



Rachel has a very warm, engaging presence. She has the ability to present complex concepts in a way that is easy to understand and apply in a practical setting. The energy she brings would be an asset to any event.

Tanya Perry, Healthy Start Community Collaborative



Rachel S. Heslin is an author, speaker, and life coach who has been immersed in the study of human psychology since childhood, especially the work of Milton H. Erickson. His assertion that we already have all the resources we need but we need to learn how to access them efficiently forms the core of her own work. Her current book, *Navigating Life: 8 Simple Strategies to Guide Your Way*, looks at how we can learn to choose from all the myriad options that seem to be constantly tugging at us in order to create the life that each of us is individually meant to live.

To book Rachel for your group, event, or program:
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