

Expedite the Healing



A PRIVATE THREE-DAY RETREAT *with Julie Hutton*

Are you in the midst of one of these life challenging events?

- ⊗ *Experiencing unshakable grief and despair over the death of a loved one?*
- ⊗ *Seeking alternative support to an upcoming surgery or drug treatment program?*
- ⊗ *Feeling emotionally depleted over a divorce or separation?*
- ⊗ *Plagued by chronic behavior or psychological road blocks?*

Stop suffering in silent agony!

*I specialize in helping my clients remove the blocks to **Freedom, Great Health, Joy, Wealth and Fulfilling Relationships.***

Let me help you reclaim your life **NOW** by learning how to:

- Become strong, confident and self-assured
- Develop lasting, life enriching relationships
- Restore passion and romance in your love life
- Expedite the healing of grief, loss and depression
- Release yourself of past guilt, remorse and shame
- Overcome the limiting psychological blocks interfering with your happiness
- Change chronic behavioral patterns into positive life-enhancing ones
- Release negative habits and addictive behavioral patterns
- Successfully cope with/ heal a life-threatening or degenerative illness
- Trust your future regardless of the context

Core Belief Restructuring is the Key

Core Beliefs are those beliefs that are deeply embedded and unnoticed by your conscious awareness. Core Beliefs influence your behavior and experiences as greatly as your coronary and nervous systems influence your body!

*The first challenge is being able to unlock the door to **access** these subconscious beliefs. The next challenge is actually **changing** them. Core Belief Restructuring is a process that uses safe, non-invasive and proven techniques to quickly access and change Core Beliefs so that you can experience life the way you desire.*

A few (of the many) techniques include:

The Work of Byron Katie | Transformational Hypnosis | Core Belief Circle | Sound and Toning Exercises | Forgiveness Exercises | Law of Attraction Processes | Breath Processes

My Promise to You

I will encourage you, strategize game plans with you, celebrate your successes, push you to stretch yourself, and walk beside you when you need support. I will be your advocate for change and hold you accountable to your goals, and hold you in the space of resourcefulness and compassion, all at the same time!





Testimonials

"I was so hurt, disappointed and devastated that I couldn't sleep and I couldn't think straight enough to even formulate how I wanted to proceed in my marriage. The 3-day unearthed a bundle of baggage that I had been accumulating for years and was negatively impacting my life yet I was oblivious to it. We cut through so much, so fast that it took several months for the dust to settle and when it did my marriage changed radically, in so many ways, and all for the better."

—J., Issaquah

"My 3-day retreat with Julie was exactly what I needed to prepare me to take the next big critical step in my life. That next step required a tremendous amount of personal courage and trust. I know this sounds overly dramatic, but I couldn't have done it without the preparatory work we did in our retreat. As a result of the openness and clarity I achieved by working with Julie, I am making big, lasting changes in my life."

—L. J., Bellevue



The Setting

*This intensive is a **private** and **personal** one-on-one retreat intended to expedite your healing and transformation in a highly concentrated three-day format. This is a powerful program – possibly the equivalent of 12 months of ongoing coaching and therapy sessions.*

Creating a safe, quiet and comfortable space is a prerequisite for transformational and healing work. You choose where the retreat is held (maybe a summer home, favorite getaway spot, hotel, suite or simply your own office/home).

The Process

We begin with an intensive process to identify your Core Beliefs (the “programs” that are most influential in directing your life) and your overall belief structure is examined. By using a multitude of techniques to evoke your Core Beliefs, we can examine how they impact your life and prevent you from reaching your goals.

We will then create a list of patterns and beliefs that you desire to change and transform them using an array of techniques so that we can unveil the “real” identity that exists underneath all the resistance.

The Results

Once revealed, you will have a clear sense of who you are (without old limiting beliefs and patterns in the way) and a plan for taking action to move you forward, thus reinforcing your “real” identity.



Investment

*\$3,000 for three days
(travel, lodging and other expenses are extra)*

For more Information

*Please contact Julie Hutton at 425.260.4440
JulieHuttonCoaching.com | julie@juliehutton.com*

