



## THE FALL EXPERIENCE WORKSHOPS

### **It's Me, I'm the Problem: A Workshop in Boundary Setting**

**Hilary Bilbrey**

If you have ever been frustrated because it feels like people don't respect your boundaries, this workshop is for you. If someone can cross your boundary, it was never a boundary, just a suggestion. In this one-hour workshop you'll identify your current boundary style and shift into an empowered and confident place of setting clear and nonnegotiable boundaries to guard your peace and happiness.

*Your Instructor [Hilary Bilbrey](#): Over the past 20+ years, founder, entrepreneur, innovator and life coach Hilary Bilbrey has helped hundreds of individuals define their why. Through the mastery and application of The Virtues Project, she's moved young and old to realizing not just who they truly are, but their driving motivations as an individual.*

### **Fullistic: have an experience!**

**Robin Silverman**

Most of us tend to focus only on physical energy. There's more! Take a dive beyond and consider conscious and potential energy. Join author and experienced professional Robin Silverman as she takes you to new places of thinking and doing in this one-hour workshop.

*What's Fullistic®? Try this:*

*—You'll be able to use a pen, a couple of Post-it Notes and your sense of touch to intuit an instant and undeniable answer about a burning question that's been holding you back.*

*—Using two simple mudras, you'll feel the energy currents in your body relax and open so you can stay energized and alert to opportunities that are right for you.*

*—You'll have a seriously "OMG" moment when you learn how to clear out a bunch of stale negatives with a mind massage that tunes your aura and etheric bodies for success.*

This is dive in, have fun, interactive good stuff. And it's a lot more career-supporting than killing an hour stopping for a double macchiato and a bunch of texting, doom scrolling or depressing comparisons of yourself with LinkedIn Influencers.

One time. One hour. One amazing Fullistic® experience to get you into full power mode for the rest of the day. The door's open—are you coming?

*Your Instructor [Robin Silverman](#): "Robin L. Silverman is a normal person with a full-time job and a very busy family who's been obsessed with energy and metaphysics ever since she first saw Samantha Stevens wiggle her nose on "Bewitched." She believes life is meant to be happy, and that everything we need to thrive is here in multiple dimensions. She the inventor of Fullistic® and the author of "Feathers: 50 Things You Can Do in 50 Seconds or Less to Lighten Up and Set Yourself Free" and "Something Wonderful is About to Happen." She has a wealth of inspiring stories and very easy ways to get yourself glowing!"*

### **Manage Your Perfection, Mr. Perfect**

**Amelia Reigstad, Find Your Communication Purpose**

Perfectionism...the word so many woman relate to and one of the many reasons why we delay taking the leap and pivoting. For some, these pressures are at our core and inhibit our ability to be ourselves. For others, it's about claiming our identity and completely bucking the system.

Join Dr. Amelia Reigstad, PhD in a morning workshop as she shares different stories of where the idealistic view of perfection shows up and how we as women can examine our own impulses and avoid getting sucked into the perfectionist vortex. Walk away with tools and resources to use your voice and initiate change. It's time to create chaos. It's time to be a disrupter.

*Your Instructor: [Dr. Amelia Reigstad](#), PhD is a passionate change agent, speaker, facilitator, author and coach with a passion and love for knowledge. With over two decades of industry experience, she enjoys sharing her expertise across a variety of industries and has designed training programs, facilitated workshops, and led team members to success. Through her inspiring, engaging, and dynamic work sessions, Amelia will motivate your team, provide insightful and relevant content, and create a relatable, authentic, and practical experience for participants.*

*Amelia has spoken on a global scale at numerous conferences and events and has also taught a variety of university-level courses across the U.S., Canada, Europe, and the U.K. Over the course of her career, she has authored numerous articles on gender, communication, leadership success, authenticity, and is a published author. As a Twin Cities Business Magazine Notable Women Entrepreneur 2022 and founder of The Women Empowerment Series, she inspires and encourages women to use their voice to initiate change through authentic communication.*