

“Trusting the Voice You Were Taught to Doubt, Rebuilding the Trust Between You and You”

A WEBINAR FOR SURVIVORS AND THOSE WHO CARE FOR THEM

Monday, October 26 | 6:30 - 8 p.m. CDT

Many of us were taught from an early age that answers come from outside ourselves, and when harm follows, that lesson can run even deeper. In this gentle, practical session, Human Connection Coach Michelle Renee shares parts of her own journey of healing from an abusive relationship and explores how inner knowing gets buried and how it can be rebuilt, one small moment at a time. You will learn what your body's signals are telling you, why self-trust grows from safety and simple practices to bring into everyday life.

Michelle Renee is a Human Connection Coach and founder of Human Connection Lab. Her work grew out of her own path of learning to trust herself again. For over a decade, she has helped people reconnect with their bodies, their boundaries and their own inner knowing. She also trains practitioners nationally in consent, boundaries and nervous system safety. Raised on a West Michigan farm, Michelle brings warmth, practicality and deep respect for each person's pace.



For more information contact **Paula Kaempffer**, coordinator for restorative practices & survivor support for the Archdiocese of Saint Paul and Minneapolis, at kaempfferp@archspm.org.

Upon registering, you will receive a confirmation email containing the link to join the meeting.



Click or scan the QR Code to

REGISTER



ARCHDIOCESE
OF
SAINT PAUL &
MINNEAPOLIS