

# ***Making an Impact in Your World***

**Healing From the Core:**

**A Journey Home to Ourselves**

**Suzanne Scurlock-Durana**

**CMT, CST-D**

**“A pessimist complains about the wind.  
An optimist expects the wind to change.  
A leader adjusts the sails.”**

# ***The Vision***

- ☼ Our role in the coming decade
- ☼ Modeling as a teaching tool
- ☼ Changing your paradigm of self care
- ☼ The power of your presence
- ☼ Living from *inside* your entire system

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the wind.  
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***What do you need to do  
every day to be a  
leader?***

# ***Contact us***

Use the ***Healing From the Core*** audio series for learning various ways to stay full and connected to healthy resources

Sign up for any of the Healing From the Core: Grounding and Healthy Boundaries courses

For more information on all of this

Go to: [www.Upledger.com](http://www.Upledger.com) or  
[www.HealingFromTheCore.com](http://www.HealingFromTheCore.com)