



A Changing World Requires an Evolving You



The background is a deep purple color. It is decorated with various snowflake icons in white and gold, scattered across the top and sides. There are also soft, out-of-focus white circles (bokeh) scattered throughout the background. The text is centered and reads: "Share in the chat your favorite holiday activity". The word "holiday" is highlighted in gold, while the rest of the text is white. A thin gold horizontal line is positioned below the text.

Share in the chat your
favorite **holiday** activity



A Changing World Requires An Evolving You

with Brenda Reiss, Transformation & Forgiveness Coach
brendareisscoaching.com

1 What resonates about the way Brenda described forgiveness?

2 What are some of the obstacles you are facing in reaching your personal or professional goals?

3 Did you have a Thanksgiving gathering? Was it with family? Were there any arguments? Was it good or challenging? How did you feel you handled the situation? Did you come out unscathed?

4 Is there something or someone you're holding resentment against or feel bitterness towards?

5 Do you have a personal or professional story that you would like to redefine? Who does it involve and what does it entail?

6 Imagine if you were able to reach your personal and professional goals because you had A Path to Unity, Built Resilience through Forgiveness, Let Go of resentment, and Embraced Change. What would that change for you? How would you feel, act, or speak?

FREE MASTERCLASS

Resentment-Free Success: A 3-Step Guide for Women in Business

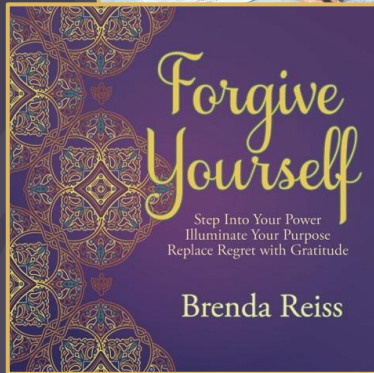


📅 Saturday, December 16
🕒 8:30 AM PST / 11:30 AM EST
📍 Zoom

Notes



Hi, I'm Brenda Reiss...



- 30+ Years in Corporate
- Certified Master Radical Forgiveness Coach
- Keynote Speaker
- Facilitator and Guide
- Podcast Host
- Two-Time Author



What is a Forgiveness Coach?

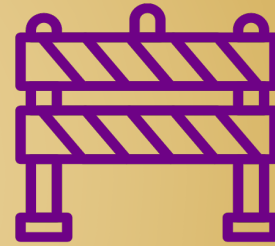


How does forgiveness help you in
your personal life and career you ask?



Goals

&



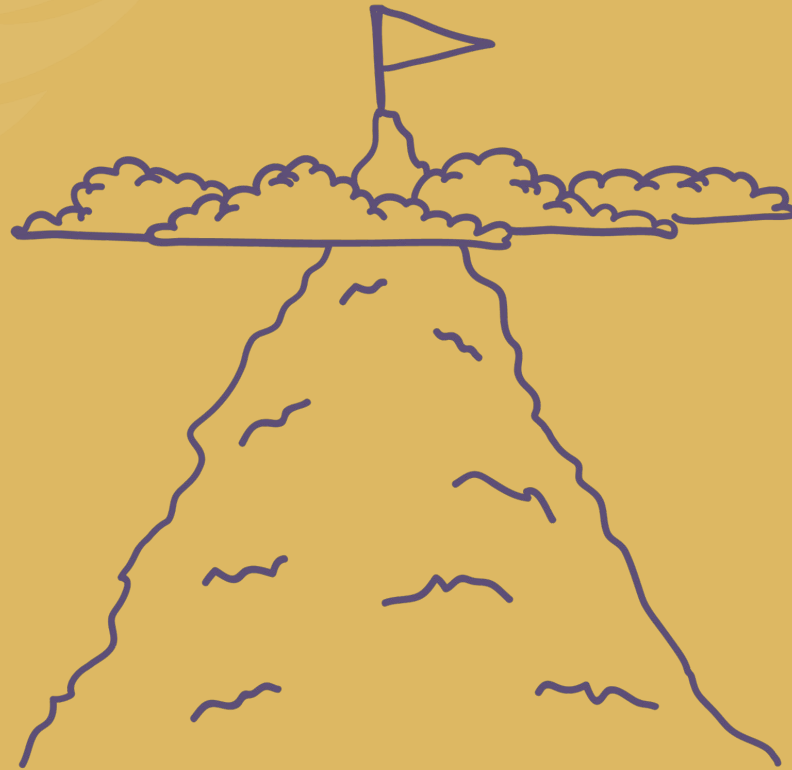
Obstacles

Do you ever do that?

Catch yourself apologizing
when it's not warranted?



What are some of the obstacles you are facing in reaching your personal or professional goals?



What else could be keeping us stuck?



Do you know that feeling of relief
or being able to feel or think that
you can trust someone?

That someone is in your corner that can help?

You can write a yes or no in the chat



Write a yes or no in the chat...

Can you relate to my story?

Or

Have you experienced something similar?



Bigger Issue at Play



A

A Path to Unity

B

Building Resilience

L

Letting Go of Resentment

E

Embracing Change



A Path to Unity

It starts with **A Path to Unity** because we want to keep the end in mind.

Our bigger goal. This is where when we are able to forgive ourselves, we create a forgiving world.





Does this idea of
forgiveness resonate or
ring true for you?



B in the ABLE framework
is **Building Resilience**

How many of you had a wonderful gathering for Thanksgiving?

- Was it with family?
- Were there any arguments?
- Was it good or challenging?
- How did you feel you handled the situation?
- Did you come out unscathed?

Story Time...



L in the ABLE
framework is
Letting Go
of Resentment



UNTIE THE KNOT



How many of you feel tension
in your body when you have
been wronged or feel like you
have wronged someone?

You can write a yes or no in the chat.





Story Time...

Is there something or
someone you are holding
resentment against or feel
bitterness towards?



What category or categories would your resentment fall into:



Family



Intimate
Relationship



Friends



Job/ Business



Self

Embracing Change

E in the ABLE framework is Embracing Change

which is exploring the concept of forgiveness and how it can provide a process for redefining your stories.





Story Time...

Do you have a story that you would like to redefine?

Could be personal or professional?

Who does it involve and what does it entail?



If you do, would you write yes in the chat?

Imagine if you were
able to reach your
personal and
professional goals
because you had:



A

A path to unity - You matter in the bigger picture

B

Built resilience through forgiveness - Feeling Confident and Clear

L

Let go of resentments - Feeling relief from the bitterness you carry

E

Embrace change - Redefining Your Stories

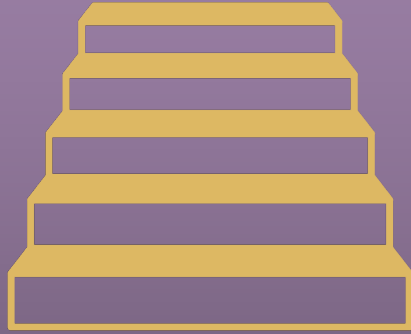
I have a Question for you...

What would that change for you?

Take a moment and think about it.
How would you feel, act, or speak?

If you'd like to share in the chat, you can.





Steps To Take

Resentment-Free Success: A 3-Step Guide for Women in Business

FREE MASTERCLASS

**Saturday, December 16
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- Learn an actual process for working through resentments that are blocking you personally and professionally.
- Align with a way to start to redefine your story.
- Walk away feeling more empowered and confident in taking your next steps in your life and career.

<https://bit.ly/Resentment-Free>

Resentment-Free Success: A 3-Step Guide for Women in Business



Forgiveness is powerful.

What it does is free you from the shame, guilt, and pain you carry so that you can then create the life that you desire and when you do that, it ripples out all around you.



Because when we forgive ourselves, we create a forgiving world.