

# FINDING FREEDOM WITHIN WORKSHOP



**REGISTER NOW!**

## ABOUT OUR WORKSHOP

Join the "Unlocking Potential" workshop with Jason Medlock. Master the art of turning challenges into triumphs, enhancing focus, and cultivating a resilient mindset. Empower your journey during incarceration with expert guidance.

## WORKSHOP HIGHLIGHTS

- Overcome mental obstacles with customized approaches for resilience and concentration, boosting your capability to thrive amidst challenges.
- Engaging activities focused on visualization and positive self-talk, crafted to foster confidence and cultivate a mindset geared for success.
- Practical sessions on goal setting and mindfulness, structured to sharpen focus and instill a proactive approach, essential for navigating and excelling in competitive environments.

**1/2 DAY ONLINE  
WEBINAR  
\$500**

**FULL DAY ONLINE  
WEBINAR  
\$1000**

**1/2 DAY IN  
PERSON  
WEBINAR  
\$700**


**FULL DAY IN  
PERSON  
WEBINAR  
\$1400**

## OUR MENTOR



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