

# Steps to Loving You, Creating Positive Changes

*I cultivate meaningful relationships...*

Trish Scoular is a Registered Professional Counsellor who teaches others how to love themselves from the inside out. Learning how to love ourselves is the first step towards finding meaning in our lives. By looking at those core beliefs we can work through trauma, abuse, addictions and other issues that are keeping you stuck.

I believe that solution focussed plans, will assist my clients in achieving the results they desire, in their personal or professional lives. A commitment from you, will provide the tools needed to do the work and succeed. Past clients say that I am a nice, friendly person who knows what the issues are, and how to work through them. I will assist you with working through any blocks that may occur. It takes courage to open up, and I allow for that time to really work through any emotions that may come up.



**In my workshop “Loving Self Creates Positive Changes” you will learn:**

- Discover core and limiting beliefs
- Discover your unique self by defining Who You Are
- Learn boundaries, communication styles & positive outcome to difficult relationships
- Overcome co-dependancy, while discovering your voice
- Tools to build healthy relationships, while learning self care/love/respect



*“My biggest fear with going to counselling was the stigma, Why couldn’t I figure out my own problems? Also with, what the Counsellor would think of me, I don’t talk openly about my true feelings, so I was nervous, but Trish was friendly and open. She helped me to feel as though I was talking to a friend, I never felt any judgement from her, it was freeing. The biggest benefit I realized was that I was struggling with my issues of depression and anxiety stemming from not being truthful. I was always worried about others opinions about my life, I realized I just did what people wanted me to do against my own happiness. My favourite part was the incorporation of Reiki and energy healing, it brought forth so much trapped emotion. Also working with the worksheets, there was just so many realizations brought for a while working with cognitive therapy. I would recommend Trish and Love From The Inside to my friends, strangers, anyone who will listen and benefit from what she has to offer. Our sessions were life-changing for me, I still have my moments and will go back to Trish at any time”.*

Love From The Inside is about teaching people to love themselves first, because we truly can't love another without doing the work. This is often a difficult thing to do for some people, especially if they have been given distorted messages that have stemmed from childhood, pre-teen years and even adulthood. These are messages that were damaging to our self-esteem from people we trusted and who were at times our peers, our parents and others in authority.

Loving ourselves as we truly are is the first step towards finding happiness and discovering our true potential, and deeper meaning in our relationships.

I believe in person centered theories, because people have the answers to life's problems when they look within. Although it can be a difficult journey, the positive impact of doing so will bring much more awareness, positivity, happiness and joy.

For more information: [lovefromtheinside@gmail.com](mailto:lovefromtheinside@gmail.com) | (250)900-7707 | [www.lovefromtheinside.com](http://www.lovefromtheinside.com)