

Life Changing Consulting & Associates



1237 Andora Falls Street
33619

Phone: 813-270-2476

Offering workshops on how to heal your own trauma and facilitate trauma healing in others, led by Helen Neal-Ali. Meet Helen Neal-Ali Helen Neal-Ali is a Level II Certified Trauma Specialist. Through her company, Life Changing Consulting & Associates, she motivates individuals and groups through personal and community empowerment training. Her most recent workshops teach participants to empower the wisdom they have inside of them to be the best that they can be. Overcoming A Traumatic Past Workshops Helen Neal-Ali offers interactive workshops designed to help people change patterns of thought and behavior shaped by traumatic experiences. Topics include understanding trauma, how we think, the roles of feelings and emotions, recognizing moods, understanding separate realities. FREE and open to all. Click the banner to watch episode ;(1) ^^^ Watch The Emotional Healing Corner on;LARGE LifeStyle TV @ 7:00pm M-F

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