



Workshop: A Journey Within...
BECOMING ONE

by Connie Rotella

WORKSHOP

A JOURNEY WITHIN

Becoming One

*A journey towards Becoming the best version of yourself
with Author and Artist Connie Rotella (www.connierotella.com)
and Life Coach/ Author and Mentor Antonia Lo Giudice
(www.antonialogiudice.com).*

I am very excited to join forces with my mentor and friend Antonia. Antonia was the first person to read the first draft of my book, originally titled WHY? She helped me develop a new passion for writing that I never knew I had deep inside. She mentored me every step of the way with so much love and care. She helped me dig deeper and connect to every word or story I wanted to share by asking me, “why?” till I got to that honest place where people would relate it to the same experience in their own life. The big realization after meeting so many readers’ comments, is that we all share the same story, we are all one. The situations may be different, but the feelings are real.

Then, the most amazing thing happened; my inner voice took over and I never let it down. I remember the flow within me was so powerful, I wasn't able to stop. The child inside me was being heard and I was having the time of my life. Once the real vision of my first draft came to life, Antonia led me to my next step and encouraged me to find the person that would help me publish my first book. And that's how Becoming One took a life of its own. Having a mentor by your side gives you that extra boost of confidence to continue to strive. Since then, some of my readers have been inspired to do the same and I am proud to say that because of Becoming One, they too, published their first book.

Now I know that Becoming One had a mission of its own to help many follow their inner voice and let their inner child come out and play. Everything is possible. Making it happen is something I am so passionate about. Watching you achieve your true goal without any attachment to the end result will be so rewarding. There is nothing better than knowing you did it your way. So my mission is to keep spreading joy and hope till you show up in my life for me to help you on your journey. This can also be the perfect time to join with a group of friends, your sister, your aunt, or shine it forward by giving it as a gift to someone who needs a positive surrounding right now. The best gift ever is to be able to uplift another person by sharing this kind of love. Please never forget yourself, you too, deserve a gift. You are never alone!

If you have a dream and don't know how to proceed or where to start, let me tell you that I am so creative in finding a way to help you gain clarity with that vision. If writing a book is one of your dreams, you will be in the best hands with Antonia. This will be the perfect workshop for you. Antonia has a talent to really listen. She really loves what she does. All the transitions with her are so smooth and exciting, that sitting there with myself in complete silence was the best alone time I ever had.

Becoming One is Amazon best seller and rose to number 1 in hot new releases in Personal Transformation on the same day. There are over thirty reviews on amazon.com and amazon.ca. The beautiful comments from readers speak for itself. Like I mentioned before, Becoming One had its own story to tell. I won't stop that energetic vibrational field that this book brings in people's lives. I was happy to be present enough to write my story. Now, it's your turn!



We will offer you a place where your inner voice will lead the way to becoming your best self from a place of love, openness, authenticity and pure joy.

You just have to commit yourself and show up to your gift.

Come join us in a super dynamic exchange where we will discuss and have conversations on your journey and life experiences. We will also give you a chance to share your journey on a 15 minute individual personalized session in our 4th week together. We will help guide you on your path of self discovery from within. Remember to share this with someone you care about.

This 4 week program may be the most valuable time you'll put aside for yourself and walk towards your true calling and desires. We will be mapping out a plan on what you love to do and how to make it happen. Turning the impossible to possible. I always love a good challenge, nothing really scares me. Get excited because we will rise to your potential.



“When dealing with negative feelings or experiences, we often find ways to distract ourselves from emotions we don’t want to deal with. We learn to bury them until they consume us. It may not affect you in present time, but slowly it starts to affect your mental and emotional health.

If we slow down and take the time to allow ourselves to feel those emotions, it is then that we are able to understand where these feelings are coming from and how to move on to the next chapter of our lives. By facing our problems head on we are able to renew ourselves and re-structure our lives in a more meaningful way.

Becoming One is a journey of self-discovery I encourage you to take.”

- Connie Rotella

Workshop: A Journey Within

This journey together has 2 different options.

For those who are ready to commit and want to get started right away. We meet on Zoom every Monday and Wednesday from 7h30–9h00pm. We will have a time allocated to answer your questions after our one hour segment.

We will build on what you want to create or let your inner voice guide you and see what light will shine from within. The art of listening to everyone's journey will also inspire you and connect to a profound place. Who knows what you will discover. Trust me the awakening part is pretty fascinating. Our goal is to give you time to express yourself and be able to come out of this strong and with a clear vision of what's next and to fly with it.

01 FIRST SESSION

Begins August 3rd and end August 27th.

02 SECOND SESSION

Begins October 5th and end October 29th

Reserve your spot for our first session by sending an email to connierotella@yahoo.ca. You can reserve your spot now for our second session in August by following the same directions.

Only 10 spots available for each session. Be sure to reserve your place as soon as possible to ensure your spot.

Cost: 250\$ tax in



What You Need?

Although the workshop was created around *Becoming One*, I put this workshop together from gathering all the questions and comments from my readers, and from the immense need for self discovery during this time where we all need to hold each other's heart. So, you still can join our workshop, even if you haven't read the book.

If you are looking for a new book to read, I would recommend *Becoming One* book by Connie Rotella. Your inner child will thank you for taking time to connect to your inner voice. It's time to make a date with that voice within and tap into your inner gift. You will definitely benefit from all the positive aspects, whether or not you've read the book. If you wish to get your copy of *Becoming One*, you can order it on [amazon.com](https://www.amazon.com) or a signed copy of the book can be mail to you for 25\$.

Grateful for all the love and support. I feel blessed with this community of uplifters. I feel your presence and I am excited to bring passion into your life.



“ To go very far, you must start from the very near, yourself. ”
- Connie Rotella

Program Syllabus

Chapters and topics that will be discuss during our sessions.

We will help you map and heal from whatever situation you are in and guide you towards your light. Step by step we will come together and inspire each other on our path. Please bring all your questions and dreams to our conference and let's make magic.

Week 1: Coming Home to Myself

- Ch. 1 - Reconnecting With Myself
- Ch. 2 - Do What You Love to Do
- Ch. 3 - Becoming
- Ch. 4 - My Journey

Week 2: Saying “YES” to life

- Ch. 5 - Mistakes – Are They Really Failures?
- Ch. 6 - Finding Peace Within and a Calling to Life
- Ch. 7 - Listening and Learning
- Ch.8 - Overcoming Challenges and Moving Forward

Week 3: Keeping the Passion Alive

- Ch. 9 - Following Your Path and Making It Happen
- Ch. 10 - Living the Life You Want
- Ch. 11 - My Future Self
- Ch. 12 - A Gift to yourself
- Ch. 13 - The Next Generation
- Ch. 14 - Goodbye Guilty Feelings

Week 4: Gratitude

- Ch. 15 - Now is the Time
- Ch. 16 - Being Grateful

BONUS:

During our program, you will receive A Daily Devotional Journal that will be gifted. Becoming One with yourself for 365 days. Imagine what one year from now looks like!

We look forward to meeting each and everyone of you.
Connie Rotella and Antonia Lo Giudice