



# Soaring Above Co-Addiction Workshop

## **Are you in a relationship with an addict?**

This powerful workshop will help you to identify and move beyond the co-addictive patterns in your life. In a supportive group environment you will:

- Gain knowledge about addiction based on the most up-to-date research
- Learn to let go and detach from the problems surrounding addiction
- Overcome any shame or guilt in order to move beyond codependency
- Learn to set healthy boundaries
- Create an individualized plan for an exciting and bright future
- Build a network of support to assist you throughout the process
- Receive help and guidance for the addict in your life

## **Your Facilitator:**

Lisa Espich, the author of *Soaring Above Co-Addiction*, combines her experience of overcoming her own codependency, with her skills as a coach for a Fortune 500 company, to offer this life-changing workshop. Her compassion, honesty, and supportive nature creates an ideal environment for those looking to heal.

Based on the principles shared in her book, Lisa will guide you through the steps to achieve freedom from the patterns that form when you're in a relationship with an addict. You will leave this workshop empowered and armed with the tools you need to move forward. If you are interested in attending the Soaring Above Co-Addiction workshop, send an email to [info@soaringabovecoaddiction.com](mailto:info@soaringabovecoaddiction.com).