

# SET YOURSELF FREE WEEKLY TELECLASS

WITH VIDEO LECTURES AND WORKBOOK  
FACILITATED BY SHIRLEY SMITH

*Many of our clients live in other states and other countries and would like ongoing support from Shirley. This medium allows all of us to connect and participate from anywhere in the world.*

**BEGINNING JUNE 2, 2011**

Running every week from 8:30pm to 10:00pm, Thursday evenings, EST Australia

## WHAT CAN I EXPECT FROM THE CLASS?

- Imagine a virtual classroom where you can share live with Shirley and other class participants about the journey you are on. You will receive a special telephone bridge number to call in and connect with others.
- Before each weekly class you will receive a video lecture from Shirley with the week's topic to view before the class.
- During the class you can ask Shirley specific questions that relate to the topic and to your individual circumstances.
- At the end of each week, you will be emailed handouts and an exercise to complete before the next class.
- We will set up a confidential class email to share your experiences during the class.

## HOW DO I KNOW IF THIS CLASS IS FOR ME?

- Are you tired of feeling stuck, even though you've been doing therapy or personal development work for a long time?
- Do you spend too much time feeling miserable, frustrated, anxious or lonely?
- Do you need to clear up the negative consequences from past mistakes?
- Has anyone ever told you you're too controlling and you need to learn how to let go?
- Would you like ongoing support to integrate the shifts you've made into your daily living?

## BENEFITS OF THE SET YOURSELF FREE TELECLASSES

- Learn how to recognise what you really need and want, and how to let yourself have it.
- Boost your self-esteem and confidence.
- Reduce over-reactive behaviour.
- Free yourself from past regrets and resentments.
- Create more balance in your life.
- Integrate spiritual principles into your life in a practical way.

## DETAILS AND COST

- The live classes run for 1½ hours (8:30pm to 10:00pm EST Sydney) on Thursday Evenings. The classes take place weekly for the entire year.
- You may enter the Teleclass (after June 2nd) with Shirley's approval after participating in an introductory class.
- You pay for a block of 10 Consecutive Weekly Classes at a time, which begins with the week you start the class.
- You will receive handouts, exercises and downloadable lectures in video format.
- It is your responsibility to pay for the cost of the phone call, but you may use SKYPE for free or a phone card at a low cost.

**Investment: \$595 inc GST for 10 consecutive weeks.**

## TO REGISTER

**To register or to find out more information,  
please contact Shirley or Jenny on (02) 9953 7000 or email [info@theradiantgroup.com.au](mailto:info@theradiantgroup.com.au)  
You can also visit our website: [www.SetYourselfFree.com.au](http://www.SetYourselfFree.com.au)**