

## *Is this it?*

Many of us are plagued by feelings of overwhelm, anxiety, depression or burn-out. The pace of life seems to leave us with no down-time. And there are those of us who are just left wondering with the question “Is this it? Surely there has got to be more to life than I am currently experiencing?” Life is going well, good job, nice house, family, regular holidays, study, lots of friends online and offline.

But something is missing. Despite ticking all the boxes, you have the feeling that your life lacks meaning and you don't feel fulfilled. Perhaps a change of job, a new partner, a third holiday, a dog or signing up for a course or marathon?

Mmm, none of this seems to do the trick and this nagging feeling remains.

What is going on in our lives that we have to experience overwhelm, stress, anxiety and this gloomy lack of purpose? What does this say about our relationship with ourselves, others and a purposeful life?

During this interactive evening with relationship counselor and psychotherapist Jean Gamble from Australia we will be invited to dive more deeply into this question that we all have been asking ourselves: “*Is this it?*”



### **JEAN GAMBLE**

*Relationship counselor and psychotherapist*

*“Instead of striving for what you don't have, consider embracing what you do have.”*

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*Jean works holistically with body, psyche and energy to support the transformation of old, outdated patterns of thinking and behaviour that are holding us back from living in our fullness. She believes that purposeful relationships can foster personal growth and evolution, leading to harmony and joy, if we deepen our awareness and bring understanding to our reactive behaviours.*

[www.jeangamble.com](http://www.jeangamble.com)

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**Datum:** donderdag 17 mei 2018 | **Tijd:** inloop en registratie 19.00 uur, start 19.30 uur, einde 21.00 uur

**Locatie:** Focus Optimus, Weissenbruchstraat 3, Amsterdam | **Prijs:** 30 euro / 20 euro voor studenten

**Aanmelden:** [info@evolveevents.nl](mailto:info@evolveevents.nl) | **Meer informatie:**  facebook