

Holistic Restoration Workshops

Below you will find a listing of past workshops I've developed and implemented over the past 11 years. Some series can be broken up into stand-alone workshops, and some focuses can be combined to create a specific focused workshop.

Holistic Restoration: 12 Levels of Self-Healing and Authentic Self-Realization

- Expand
- Evolve
- Evoke
- Activate
- Allow
- Align
- Focus
- Fortify
- Flow
- Reunite
- Reciprocate
- Receive

Awakened Intuition Series

- Mermaid Oracle Workshop (introduction to working with oracle cards)
- Intro to Chakra Energy Balancing
- Intro to Healing Crystals and Gemstones
- Intro to Astrology
- Effective Vision Boards and Affirmations
- Eat Like You Love Yourself (introduction to intuition eating)
- The Power of Plants: Simple Natural Body-Mind-Home Support
- The Initiative's Toolbox: Tips and Tools to Hone and Grow Your Intuition
- Working with Dreams (introduction to dream interpretation)
- Head-to-Toe Self-Massage Basics
- Henna for Self-Healing
- Introduction to Your Inner Child
- Manifesting 101
- Embracing Shadow Work
- The Gravity of Gratitude
- 5 Steps to Unlock Your Creative Intuition
- Energetic Self-Defense

Holistic Empowerment Series

- Distraction Detox: 3 Steps to Reduce Overwhelm and Regain Your Focus
- 3 Keys to Instant Empowerment
- Transform Fear into Confidence During Uncertainty
- Understanding Empaths
- Head-to-Toe Self-Massage Basics

Awakened Leadership Series

- You are the Key to Empower Your Leadership
- Protocols to Activate Abundance
- Wake Up Your Intuition
- Commitment and Creating Results
- Live and Lead from Your Full Expression

The Hero's Journey Series

- What is the Hero's Journey?
- The Call to Adventure
- Crossing the Threshold
- Transformation and Treasure
- Mastery and Freedom

Power Shift Series

- Self-Love Power Shift
- Self-Worth Power Shift
- Intuition Power Shift
- Manifestation Power Shift
- Self-Identity Power Shift
- Relationship Power Shift
- Money Power Shift

Authentic Alignment Series:

- Leadership Mastery
- Monetizing You!
- Message Mastery 1 & 2
- Your Best Offer
- Ditch the Pitch
- Body Balance Breakthrough

Empathic Healer's Course:

- The Empowered Empath
- Untangle and Clear Your Energy
- Energy Reading 101
- Unwrap Your Natural Gifts
- Multiply Your Power
- Your Sacred Work

Energy Mastery Series:

- Energy 101
- Know Your Energy
- Meet Their Energy
- Energy Grounding
- www.human.you
- Syncing and Breaking Energy Links
- Replenishing Energy

Soul Goal-Setting Series:

- Clear Your Path
- Permission to Dream
- The Secret to Goal-Getting
- Feel Your Way Forward
- Vision Activation

Self-Mastery Series: Living from the Heart – Get out of your head, into your body, and live from your heart:

- Mindset for Success
- Identify and Clear Resistance
- Spirituality – Find and Live in Your Faith; Dissolving Invisible Walls
- Discover Your Missing Peace
- Befriending Your Mind
- The True Fountain of Youth – Understanding and Honoring Your Inner Child
- Emotional Addictions – Breaking the Cycle
- Radical Love – Beyond Right and Wrong
- Radical Relationships – Removing the Labels
- Getting Clear and Staying Clear—Physically, Emotionally, Spiritually
- Discover the Power of the Present – Making Peace with the Past; Forgiveness

- Emotional and Relationship Mastery
- Consciously Creating Now

The Twin Flame Flip: Healing Relationships

Transform Fear into Confidence: 5 Steps from Stuck to Action

ABC's for DIY Business Growth

- A – Attract Ideal Clients
- B – Build Value
- C – Consistent Income and Action

Simple Truth Series: Clarity, Confidence, and Consistency for Conscious Entrepreneurs

- What Every Conscious Entrepreneur Needs to Know
- Mastering Follow-Through
- Finding Clarity
- Attract and Support Your Tribe
- Ditch the Pitch...Never Sell Again!

All workshops have been created and implemented by Crissy Keye Rollins, owner of Holistic Restoration, LLC. All rights reserved. Visit HolisticRestoration.com online, or contact Crissy directly at AskCrissy@gmail.com or 919.696.4878