

Speaker Topics*

offered by candi dugas, llc

candi dugas, llc's classes are highly interactive and designed to achieve the results you seek.

TOPIC LIST

- **Relax & Get Real**
- **How to Choose the Next Best Step**
- **How to Find & Follow the Golden Thread of Your Life**
- **Meditation**
- **The Risk of Faith**

TOPIC DESCRIPTIONS

- **Relax & Get Real**

Reduce and eliminate anxiety and fear from your life. Reality is about perception. Your quality of life is at its greatest when levels of anxiety and fear are at their lowest.

Areas covered include:

 - identifying the source(s) of anxiety and/or fear
 - understanding their onset and growth/progression
 - discovering methods to reduce and eliminate them
 - developing an action plan for the future
- **How to Choose the Next Best Step**

When circumstances change, especially those beyond your control, where do you go from there? Determine your next best move according to what is best for you. This way is the most advantageous one to regain direction of your destiny.

Areas covered include:

 - surveying comprehensively the events and decisions that led up to the shift in circumstances
 - identifying properly the responsible parties for the events/decisions
 - reviewing key markers in your life prior to the shift in circumstances
 - exploring the future – needs/desires and developing an action plan

*candi dugas, llc can also develop topics to meet your specific needs.
[Please contact Candi Dugas for a complimentary consultation.](#)

➤ **How to Find & Follow the Golden Thread of Your Life**

It's time to connect the dots. Singular occurrences, circumstances, and issues in your life do not exist in silos. Once you can recognize the connections, living your life and realizing your dreams become simpler.

Areas covered include:

- identifying key markers in your life from pre-birth to present
- determining your response(s) and those of your most influential family, friends, advisors, etc. to those markers
- analyzing the consequences of the response(s)
- plotting the "golden thread" and projecting the future

➤ **Meditation**

- Beginning – Incorporating the practice of meditation in your life, especially in contemporary society, can be challenging. The benefits of overcoming this challenge are well worth the effort. Life becomes simpler and more focused.

Areas covered include:

- defining meditation and studying its origin/history
- learning and practicing meditative skills
- exploring meditative supplements

- Intermediate – Mastering meditation enhances your life experience. This mastery is achieved by expanding the depth and breadth of your meditative practice.

Areas covered include:

- considering your meditative experience(s)
- determining the next level(s) for your meditative journey
- learning and practicing the next level(s) of your meditative journey

- Advanced – Living mindfully throughout your day is one of the highest levels of meditation. Practicing meditation at this kind of level allows you to continue to fulfill your life responsibilities and realize dreams/goals you may have thought impossible.

Areas covered include:

- defining and studying advanced levels of meditation (contemplative lifestyles)
- learning and practicing contemplative skills
- exploring contemplative supplements
- determining the best approach and practice for your life
- preparing to share meditation with others

➤ **The Risk of Faith**

Defining faith is tricky, much less committing to live all aspects of your life based solely on your faith. You fully understand that once you invest in such a lifestyle, you are tested. The temptation to relax your level of commitment is in tension with your awareness that you cannot be successful on your knowledge alone. How do you effectively live your life of faith?

Areas covered include:

- defining faith
- determining your risk tolerance
- surveying past faith-based decisions
- exploring current faith needs
- developing an action plan for the future