**Free at Last: Release The 3P’s Virtual Workshop**

1. **Part 1- Video Lesson**
2. What are the 3P’s
3. Why Important to Release the 3P’s
4. Tools: Reflect & Write  
     
   1) Which of the 3P’s do I struggle with?   
     
     
     
   2) In what area(s) of my life (personal, work) and with who?

1. **Part 2- Live Class**
2. How & Why the 3P’s

1. 3P’s & Beliefs

1. How Do We Heal the 3P’s
2. Subconscious Tools
3. Conscious Tools

1. Moving Forward & Beyond the 3P’s

**Join Me “Free at Last: Release the 3 P’s” Virtual Program!  
Details @** [**www.tanyapenny.com/3p-program**](http://www.tanyapenny.com/3p-program)