

RESULTS YOU CAN EXPECT



A CLEARER UNDERSTANDING
OF WHAT'S KEEPING YOU
STUCK



INSIGHT INTO THE HIDDEN
PATTERNS DRIVING YOUR
THOUGHTS, EMOTIONS, AND
DECISIONS



PRACTICAL TOOLS YOU CAN
BEGIN APPLYING
IMMEDIATELY



A FRAMEWORK FOR BUILDING
GREATER CONFIDENCE AND
SELF-TRUST



A CLEAR PATH FORWARD IF
YOU'RE READY FOR DEEPER
TRANSFORMATION

**STOP
OVERTHINKING.**

**STOP
SECOND-GUESSING
YOURSELF.**

**START
MOVING FORWARD
WITH CONFIDENCE.**

REGISTER NOW!



AUTESHTHERAPY.COM

Dr. TSA
Series

FREE 1-HOUR MASTERCLASS

Move Beyond Self-Doubt,
Second-Guessing, and
into Alignment with
Confidence

Awakened Beyond Awareness:

A Free 1 Hour Masterclass with
Dr. Terry Audate, Expert in
Holistic Psychotherapy and
Transformational Healing

AUTESHTHERAPY.COM

A FRAMEWORK FOR REAL CHANGE

Join Dr. Terry Audate's free 1-hour Awakened Beyond Awareness Masterclass and discover how to build unshakable self-trust, navigate life's challenges with greater clarity, and create meaningful change through her PRIMA Effect™ Framework.

LEARN HOW TO:

- Trust yourself and your decisions
- Stop repeating patterns that no longer serve you
- Navigate challenges with greater clarity and confidence
- Build emotional resilience during difficult situations
- Move from insight into action
- Create meaningful change in your relationships, career, and daily life

If you've invested in therapy, coaching, personal development, or spiritual growth and are ready to turn awareness into lasting transformation, this masterclass will show you how to create meaningful change from the inside out.



THE DR. TERRY AUDATE DIFFERENCE

Dr. Terry Audate combines trauma-informed coaching, psychospiritual development, and practical integration tools into a process designed to create change in real life, not just during moments of reflection. Her Awakened Coaching Method helps people move beyond understanding their patterns and begin developing the confidence, clarity, and self-trust needed to create a different future.

A DIFFERENT APPROACH TO LASTING CHANGE

Most programs focus on helping you understand yourself.

Dr. Terry's work focuses on helping you change how you show up when life gets difficult.

- Because knowing why you overthink is different from knowing how to stop.
- Knowing why you struggle with boundaries is different from setting them.
- Knowing where your self-doubt comes from is different from trusting yourself.
- The missing piece isn't more awareness.
- The missing piece is learning how to apply what you know in the moments that matter most

