

A week or two after the workshop many participants take part in one or two follow-up counselling sessions with Michelle to solidify the changes they have made and fine tune and tweak their new tools in real world situations. Teleclasses can be organized for the group to call in and have a regular Q&A session with Michelle and to remain connected with each other. Our door is always open and Michelle will repeatedly and authentically encourage you to email her any time you have a question or feel stuck – she is happy to take a few minutes to respond and help you to move forward quickly and easily. That's what the CEDRIC Centre is all about.