

EMBRACE THE 90%



Darci Lang

Embrace the 90% will help women take a really good look at the person in the mirror, your fears, the labels you were given and the lack of self-love. This philosophy delves into not only embracing what is good in your life but also embracing what is not.

Let's get started! It's time for every woman who doubted the need to look after themselves to face the reasons why. Let's unpack the self-doubt and past together to come to terms with:

Your fears – How do you see your life through a positive lens when you are dealing with the negative aspects of your life? Darci will teach you how to unpack those fears, come to terms with them and live a happier life.

Your labels – What labels have you been given throughout your life that have shaped how you see yourself today? She'll show you how to deal with labels that are holding you back.

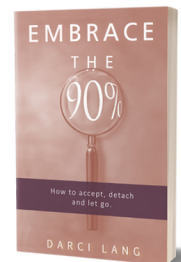
Self-love – How are you taking care of yourself? Have you been taught you were not worthy of finding love and happiness? It is time to heal, and Darci will show you the tools she has used to make her the person she is today.

BENEFITS OF DARCI'S MESSAGE

- Darci demonstrates through real-life examples how looking after the woman in the mirror and taking care of herself works.
- Teaching women how to train their brains to embrace all of you, mentally, physically, spiritually and know you are worthy of self-love.
- Darci shares stories for women on how healing their wounds, not living in fear, defying their labels and loving themselves even if no one taught them to, helps them and supports other women in their life.
- *"People need proof that what you share with them will work. I am the proof. My stories are the proof."*

"What a blessing you are to bare your soul and provide real context for the struggles we all face. I love the way you provide thought-provoking questions to dig deeper and find a healthier way of thinking and a solid pathway to step into a better way of living."

Vicki Anderson



PRESENTATION OPTIONS

Darci's highly acclaimed Embrace the 90% presentation has been requested as a keynote or half/full-day workshop for many "Women in Leadership," "International Women's Day," "Empowering Women," "Women's Professional Development Day," and numerous child care & nursing leaders conferences.

info@darcilang.com

306.569.1354

darcilang.com