Your Story Matters - Elizabeth Buergi will guide us

Myrna Lapres
September 28, 2026



Coach Myrna, September 28, 2026

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Your Story Matters!

Have you ever wondered how your childhood experiences have impacted who you are today? On Saturday, October 10, 2026, 10 am PT/1 pm ET, Elizabeth Buergi will guide us to

discover how our past has shaped our lives today as well as help us to discover the protective roles we developed to survive and belong and how to integrate all this in greater self-awareness and healing.

Ms. Buergi is a coach and Story Work facilitator who has volunteered for many years with High Noon, a community dedicated to helping people live lives free from addiction and becoming their best selves. Her desire is to create safe spaces where people feel seen, understood, and empowered to become the loving, grounded adults their younger selves needed.

During her webinar on the monthly WFWP "Self-Care Isn't Selfish" series, you will experience a live Story Work demonstration, participate in a guided reflection and discussion in a safe, supportive community, and hear how you can join a future program to develop your own "Story." To register for the October 10 webinar and get the zoom link, click here:
tinyurl,com/Self-Care-Oct-10

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If you would like to know more about what I offer as a coach, please visit my website: www,coachmyrna,org/
Find out more about creating better connections with Safe Conversations
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