



Sahera Chohan

Courage to Connect

24th October 2014, 7pm-8.30pm | Richmond Bridge Meeting Rooms, Middlesex
FREE event - donations welcome

Living Life fully conscious, fully awake, feeling every feeling, telling the truth, loving fully, with passion, vitality and energy, because this is the only life you've got, so why the hell not?

This is one of a series of Talks Sahera gives on subjects she writes about in her forthcoming book, *'Life Lessons ~ Through The Grit To The Pearl'* and her weekly Blog, *'Courage To Connect'*.

Sahera will speak on what it takes to truly and authentically connect with ourselves, others and life, and the gifts on offer when we have the courage and willingness to do so.

Sahera Chohan is an author, speaker, facilitator and coach. She has worked in the field of learning and development for the past 25 years, both in the public and private sector, facilitating and coaching thousands of people worldwide to reach their potential through having the courage to connect with their authentic selves.

Sahera is currently writing her first book, *'Life Lessons ~ Through The Grit To The Pearl'* which documents her journey through some particularly difficult life experiences, including the suicide of her husband, the premature death of her mother and her former battle with addiction. Her book shows how even in the most devastating of life events, there lies a gift, a *pearl* waiting to be claimed, if we can truly and fully connect to our life experiences. You can read her weekly Blog, *'Courage To Connect'* at saherachohan.com.

Sahera was also a Broadcaster for BBC Television and Radio. She co-led Creative Writing workshops with her late husband, and lived on a horse ranch in the Arizona desert for two years, where she practiced Equine Therapy at a Rehabilitation centre for young adults.

To reserve a place, please email sahera@saherachohan.com Please book early as spaces are limited.

“Seriously impressive” “Authentic and Connecting”

Richmond Bridge Meeting Rooms, Willoughby Road, Twickenham, Middlesex TW1 2QJ.

The Meeting Rooms are situated underneath the Arches of Richmond Bridge.

“Sahera’s tone and approach is authentic, vulnerable, and full of quiet wisdom. She is a rare gem with tremendous wisdom to share through her experiences and hardships in life”

“What a gift to the World your blog is! Your writings are inspirational. There are many pearls of wisdom to enjoy and learn from, and most importantly for me to put into practice”

“I discovered I have to focus to connect, to turn my attention to it”

“The evening restored me to my favourite version of myself”

“You have a true gift of writing in a manner that is so easy to absorb and that allows your readers personal insights without complication”

www.saherachohan.com