



HEATHER PENNY, Ph.D.

Professional Coach & Trusted Advisor

The Belief Snowball

Have you ever wondered why you feel stuck and keep doing the same things over and over? Almost as if your life is on repeat and you can't seem to change the patterns you have created over the years. This is because of the core beliefs you hold deep inside of you. Based on research and work with countless clients, Dr. Heather Penny will guide you into identifying what you believe and how it is influencing the way you live. More importantly, you will learn how to change those beliefs based on what God believes about you, so you can step more fully into the life you know you're made for.

This workshop is for the person looking to go deeper and exploring:

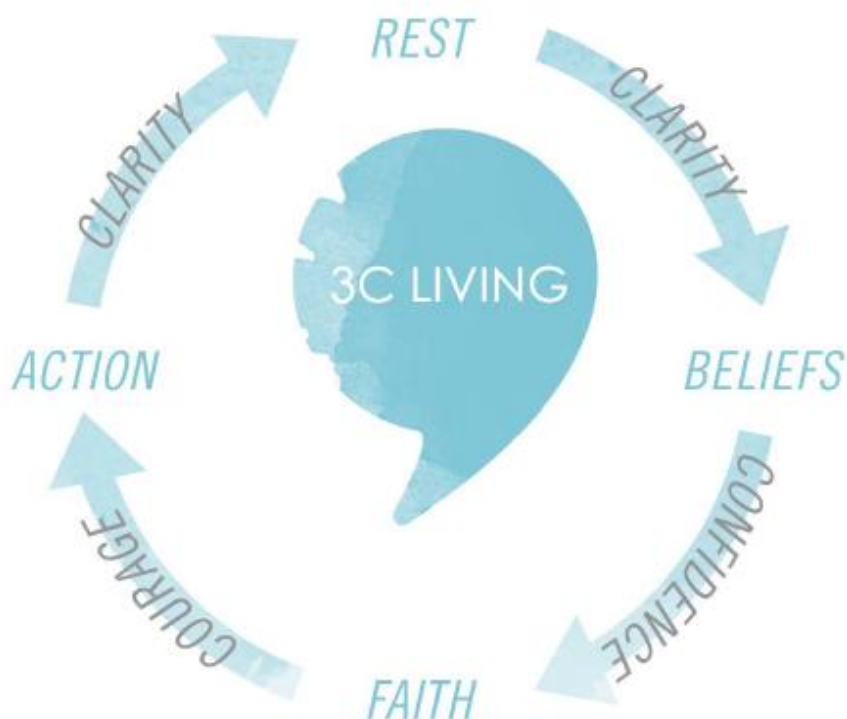
- What do I really believe?
- How do I invite in new beliefs?
- What is blocking me from stepping into the life God wants for me?
- How do I strengthen my identity and sense of purpose?
- Who do I want to become? What choices am I making?
- What can I do to increase my clarity, confidence, & courage?

Be still and know that I am God ~Ps 46:10

3C LIVING PROCESS

Strengthening your identity means moving forward from a place of:

- Clarity
- Confidence
- Courage



James 1:5-8

⁵ If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking. ⁶ But when you ask him, be sure that your faith is in God alone. Do not waver, for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind. ⁷ Such people should not expect to receive anything from the Lord. ⁸ Their loyalty is divided between God and the world, and they are unstable in everything they do.

The Belief Snowball

What are you Believing?

What is True?

What is False?



Next Step:
3C Living Guide, a 6-Week workbook that
will draw you further into understanding
your beliefs as you build your Clarity,
Confidence, and Courage.



Heather Penny, Ph.D.

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Dr. Heather Penny is an experienced leadership coach, trusted advisor, celebrated teacher, and engaging speaker. She encourages individuals to step into their best life as they recognize the unique strengths they have to offer. Heather draws out fresh ideas and actionable goals to focus on forward momentum, and holds a Ph.D. in Human Services, as well as an M.A. in Educational Leadership. As a professional coach, Heather serves her clients by drawing out their natural strengths and motivated direction through her coaching approach of 3C Living – Clarity, Confidence and Courage. She is a clear-thinking partner while promoting creativity, passion, and growth on teams and within organizations. The highlight for her, is a life well lived and enjoys living in Northern California with her husband and two children.

Clarity ❖ Confidence ❖ Courage

Coaching Values

- **Nobility:** to live with a nobleness of mind, character, and spirit -- to stand tall in moral excellence
- **Partnership:** the act of associating together in a joint endeavor for the advancement of both
- **Integrity:** an adherence to high moral character and principle
- **Generosity:** a readiness to be unselfish in serving others and freedom from smallness of mind or character
- **Focus:** the ability to have clearness in your perception to prioritize and then act, making the adjustments necessary to stay on track
- **Renewal:** to restore or replenish to a former positive state
- **Life-Long Growth:** perpetual learning process that produces self-development throughout life
- **Commitment:** obligating ones self to another for a worthy objective
- **Hope:** to look forward to an end with desire and reasonable confidence
- **Excellence:** to be of superior quality