

"Change the negative, self-loathing thoughts to positive, self-affirming ones. When you're positive about yourself and everything around you, you begin to see the world in a different light. Your life today is what you make of it."

- Demi Lovato American singer, songwriter, and actress

Finding it difficult to be positive in your life?

Speak in total confidence to a Converge International consultant. **Australia** 1300 our eap (1300 687 327) **New Zealand** 0800 666 367 **International** +613 8620 5300 or **visit** convergeinternational.com.au

