

# Experience the Gift of Compassion!

**Em•pa•thy** — noun:

1. feeling heard and understood. 2. getting relief from stress and frustration. 3. having your reality validated.

## **Empathy Gift Card**

- feel heard and understood
- find peace & resolution
- get relief & clarity

**30 minutes**

**60**

**90**

*by phone or in person  
call to schedule your appointment*

Kristi Dee Doden | 602.692.6727

*the Gift of  
Compassion*

## **Why Empathy?**

Feel safe and supported.

Get relief from emotional stress.

Receive coaching to resolve difficult situations.

Gain clarity and confidence for taking action.



*Visit our website for  
more details, class and  
practice group updates.*

## **Kristi Dee Doden Communication Coach**

Blending extensive training in  
Compassionate Communication<sup>sm</sup>  
and Mindfulness while fostering  
balance and empowerment.

## ***The Mindful Way***

Expressing compassion with an open heart.

Kristi Dee Doden | 602.692.6727

kddnvc@cox.net | [www.themindfulway.cc](http://www.themindfulway.cc)