

Your Story Matters - Elizabeth Buergi will guide us

Myrna Lapres
September 28, 2026



Self-Care Isn't Selfish: Heal Yourself, Your Family & the World

Sat., October 10, 2026, 10-11:30 am PT / 1-2:30 pm ET



Elizabeth Buergi is a coach and Story Work facilitator who integrates inner child healing, mindfulness, embodiment, and faith to help people reconnect with their true identity.

Join us as Elizabeth guides us through: "Your Story Matters: Discovering the Inner Child Through Story Work"

Discover:

- How childhood experiences shape your life today
- The protective roles we develop to survive and belong
- A compassionate path toward healing and self-understanding

Experience:

- A Live Story Work demonstration
- Guided reflection and discussion
- Safe, supportive community

Coach Myrna, September 28, 2026
www.coachmyrna.org/

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

To purchase my book on Amazon: www.amazon.com/gp/product/B09L7KS5VH

If you already purchased my book, I would love for you to leave a review.

www.amazon.com/review/create-review/?ie=UTF8&channel=glance-detail&asin=B09LGWWXVZ

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 www.coachmyrna.org/create-connection.html

