



Unlock the Extraordinary Within Your Quilting Guild!

WITH ANNE CARDOSA

CONNECT WITH ME



@annecardosacoaching

Are you ready to fill your next guild meeting with laughter, endless inspiration, and knowledge that will turn your world upside down?

Join me for an exhilarating journey that will transform your daily routine and unveil new possibilities. Together, we'll uncover hidden talents and explore groundbreaking insights that will both surprise and inspire your guild members.

Life starts as a blank quilt, and we add to it with each new experience and lesson. I'm Anne Cardosa, here to help you discover more about yourself and find happiness in this new chapter of your life.

THE TAPESTRY OF OUR MINDS

As a young person, I wasn't aware of how our brains and emotions function. Gaining this understanding later significantly improved my relationships and well-being. Now, I'm eager to share these revelations with you, teaching five simple but profound truths that will profoundly change and brighten your life.



STORIES STITCHED WITH WISDOM

Anne will share stories about overcoming challenges and learning important simple truths about being human that changed her life.



ANNE CARDOSA
THE EMPTY NEST QUILTER'S COACH

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AN EVENING OF INSPIRATION AND STORIES

Are you ready to laugh, learn, and look at life differently? Are you excited to discover all the amazing things inside you just waiting to be found? I invite you to a fun night where we talk about how quilting can help us understand ourselves better.

FROM NAVY BRAT TO LIFE COACH: INSPIRING EMPTY NEST QUILTERS

My journey from Navy kid to a life coach for empty nest quilters. Hear my funniest stories and learn important lessons from my own mistakes. This talk is all about being creative, sharing love, feeling better, and learning how to forgive, all mixed with great quilting stories.

From Struggle to Success: A Journey to Self-Discovery

- ♥ UNDERSTANDING YOUR THOUGHTS:
Why do you think the way you do?
- ♥ KNOWING YOUR FEELINGS:
Where do your feelings come from?
- ♥ EXPLORING YOUR ACTIONS:
What makes you act the way you do?
- ♥ LOOKING AT YOUR LIFE:
Why is your life the way it is?
- ♥ FEELING HAPPIER NOW:
5 Secrets to feeling happier and connected to your loved ones.



Book Your Quilt Guild for this Transformational Talk

Don't miss out! Book me, Anne Cardoso, for your next quilting guild meeting. We'll have a great time learning and laughing together. Click the button below to send me a message today,

[CONNECT WITH ANNE!](#)

Or click here: annecardosacoaching.com/schedule