

CV resident brings ‘Positive Mindset’ workshop to CV Library March 21

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By Matt Liebowitz

An upcoming event at the Carmel Valley Library is aiming to help people combat negativity by using the power of positive thinking to achieve a happier, healthier outlook. On Saturday, March 21, from 11 a.m. – noon, guests are invited to take part in “The Power of a Positive Mindset” workshop led by Joyce Hyam.



A certified Law of Attraction facilitator since last June, Hyam is only one of 75 people worldwide to achieve the title, bestowed by Michael Losier, renowned author of the best-selling book, “Law of Attraction: The Science of Attracting More of What You Want and Less of What You Don’t.”

In the approximately 30 such workshops she’s already given, Hyam offers everyday, practical strategies people can utilize to achieve a more positive approach to life, including eliminating the phrases “don’t,” “not,” and “no,” from their daily thoughts.

“People that worry make things worse by focusing on what they don’t want,” she said. “It’s counterproductive as it gives more attention to what you don’t want.”

Hyam teaches people to instead ask, “What do I want?” focusing on the intended goal rather than the possibility or fear of failure.

“When the words change,” she said, “the feelings change.”

Because, as Hyam put it, “Thoughts lead your life,” she instructs people on different methods to harness the power of positive thinking to achieve their goals, including using dream boards, visualization, and using daily affirmations as guidance.

Hyam also uses real-life stories and firsthand experience in her sessions, all of which people can apply to better all aspects of their lives, from careers and families to relationships to health.

The one-hour “Power of a Positive Mindset” training is free, and located at the Carmel Valley Library, 3919 Townsgate Drive.

For more information, visit www.lawofattractiontrainers.com, or contact Joyce Hyam at joyce@lawofattractiontrainers.com.