



PRAISES...

Knowing & Loving Yourself "These two workshops had been very inspiring to me, along with Margaret's experiences and how she overcame them has given me the courage to go for the things I want to do and get from life." Joy Friedman, Training for Life Programme,

Woman's Magazine: Psychologist Linda Blair says "Margaret is amazing. She grasped the fundamental truth about life – that whatever happens to you make you learn more. That's why she's a winner."

Program for Adolescent Mothers, Grenada, Caribbean "Thank you very much for your outstanding contribution of "Knowing and Learning to Love Yourself", which have put a spark into the young mothers' life."

MEET MARGARET...

Margaret V Aberdeen is the creator of *Breakfree of Domestic Violence Forever using the 4Cs Process*. She is a female human being, mother, domestic violence and cancer survivor, award speaker, transformational coach and author of *Priceless Roles of a Mother* and uses her personal life story as a bridge for others. Her infectious presence has led workshops in England, Europe and the Caribbean. Her passion is to empower others to 'flip the mirror' on themselves to develop the most important relationship they will ever have: the one with their Self.

Priceless Roles of a Mother by Margaret V Aberdeen
Available from Amazon



More Information

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Courage Choices Commitment Change



Margaret V Aberdeen, a Domestic Violence Survivor Warriress offers a range of **workshops, coaching and speeches** by using her own experience to empower survivors to regain their sense of self-worth to create the life they desire.



The 4Cs stands for...

- 1) **Courage** - create the life you desire
- 2) **Choices** - develop a self-relationship
- 3) **Commitment** - take control of your life
- 4) **Change** - ignite your 5 senses to rewrite your life story

COURAGE...

Renewing the Mind

Pluck out negative thought-weeds and plant positive thought-seeds to create the life you desire.

Your mind is a garden



CHOICES...

Know Your Self (Part 1 of 2)

How do YOU label YOURSELF?

Love is a D.I.Y Job (Part 2 of 2)

Self-love is the greatest love of all.

Be your own Valentine



COMMITMENT...

Take Control of Your Life

Turn the key in your mind, remove your foot off the brake and accelerate to the life you want!

You're the driver!



CHANGE...

Poetry Make Sense

Ignite your imagination with creativity using your 5 senses to rewrite your life story - be it a poem, a verse or a book.

Rewrite your life story!



COACHING...

Group Coaching/One-to-One

To transform your life and get really clear on what is it you want to achieve, along with the stepping stones of how to get there.

Book Margaret for workshops, coaching, and speaking engagements.

130,000 children live in homes where there is high-risk domestic abuse.



Each year 1.4 million women and 700,000 men suffer some form of domestic abuse.



On average high-risk victims live with domestic abuse for 2 to 3 years before getting help.



**"I AM not what happened to me,
I AM what I choose to become."**