

CUTV News Radio  
Video Press Release for  
***Empowering Change***

Empowering Change LLC  
15 Village of Stony Run Apt F  
Maple Shade NJ 08052  
Contact: Katherine Nuyens  
Phone: 856-780-5302  
Email: [katherinenuyens@msn.com](mailto:katherinenuyens@msn.com)  
Website: [www.empoweringchangeinyou.com](http://www.empoweringchangeinyou.com)

**FOR IMMEDIATE RELEASE**

Contact: CUTV News Radio, (631) 850-3314

***CUTV News Honors  
Katherine Nuyens of Empowering Change***

**Maple Shade, NJ** – We are wired for success or failure based on the stories we tell ourselves and the conversations we share with ourselves in moments of opportunity. This is known as our self-talk.

While we can't change everything in our life, we *can* change the subconscious programs that no longer serve us and rewire our brain for new choices.

"We can all have what we choose to have in our lives with the right tools, and it all begins with positive self-talk," says Katherine Nuyens. "To change one's attitude is to use the right self-talk. When we change our self-talk, we rewire our brain; when we rewire our brain, we can change our lives."

Katherine Nuyens is the founder of Empowering Change, a holistic healing practice that specializes in facilitating personal empowerment and spiritual growth. Among its tools and techniques. Empowering Change offers hypnosis, EFT, Theta Healing, as well as the Emotion Code and Body Code

Recently, under the instruction of Dr. Shad Helmstetter, Founder of the Self Talk Institute™ and author of the best-selling *What to Say When you Talk To Yourself*, Katherine has since expanded her services to include certification as a Self-Talk Trainer™.

According to Dr. Helmstetter, everything we see, hear and do is absorbed by our subconscious mind. When we hear the same ideas over and over, it becomes a neural pathway that continues to run through us as adults, where we act out the beliefs of our subconscious mind. These programs can be positive and true or destructive and filled with doubt.

"We perceive our life as a narrative and we're the main character in a story," says Katherine. "But if the past is in front of us, we can't move forward. We have to walk through a new door and create a new story with a renewed belief in ourselves."

Our struggles with stress, anxiety and even depression are often manifestations of our self-talk, but we no longer have to live out these beliefs that don't serve us. Through the power of neuroplasticity, we can rewire the brain to create a successful future.

"It's about resilience," says Katherine. "Nothing happens to us; everything happens for us. Positive self-talk is a lifetime investment in your personal wellbeing."

For more information on Empowering Change, visit [www.empoweringchangeinyou.com](http://www.empoweringchangeinyou.com)