Laleh Mehrad is the founder of Joy Self Awareness Center in Los Angeles, conducting educational seminars and workshops across North America and internationally. Her seminars as well as her private consultations aim to empower individuals, couples, and families to find true joy and live happy, healthy, and fulfilling lives.

Workshops with Laleh Mehrad presented by:

If you are lost or desperate for a change, do not know how to express your emotions or connect with your inner child or others, not sure how to have a great relationship with your parents or your partner, do not know how to stop procrastination and reach your goals, want to be happy and free of all you have kept inside, and do not know how to love yourself, please take this first step and take Laleh’s class.

-Ramin S.

Ramin S. لامین س. من گیم دادم و کمک کردند و من توانستم از این کلاس‌ها آزاد شوم و تونم اونجوری که می‌خوام زندگی کنم.

-Sara Z.

Sara Z. اگر قرار باشه از یک نقطه عطف در زندگیم صحبت کنم اون چیزی نیست جز شروع این دوره‌ها چون تاثیرات عمیق اون رو در زندگی خودم و اطرافیانم به وضوح دیدم و همیشه بخاطر اینکه فرصت حضور و یادگیری رو در این دوره‌ها داشتم قدردان جهان هستی و لاله هستم.

-Negar A.

Negar A. نگار آ. اگه چه کسی قصد داشته باشه به ما در این زمینه کمک کنه باید این امر را با یک مسیح یا مسیحی باشه یا خودش رو در این زمینه بررسی کنه.
Laleh Mehrad is an international speaker, personal and executive coach, and consultant working in the field of psychology with more than 25 years of experience. Her specialties include personal development and relationship therapy. She is a licensed and certified hypnotherapist in the state of California. She has helped over a thousand individuals and couples from all around the world, and has worked with companies for successful management, effective teamwork, and team development. She has been involved in academic research and taught at universities for over ten years. She is the author of numerous books including “Psychology in Plain Language” in seven volumes, “Nature, Meditation, Healing”, and several other books.

A Guide to our Workshops:

Core Series:
- **SELF-LOVE (SELF-AWARENESS)**: Learning techniques for increasing awareness of self and our current life, and for a better understanding of our choices. A starting point for a new beginning and an experience of transition and transformation
- **SUCCESS**: Learning techniques for becoming and remaining successful, for solving problems in different stages, and experiencing increased success in life
- **BEST OF ME (SELF-AWAKENING)**: Learning techniques for going past our limitations and growth hurdles, and for creating joy, peace, and serenity in our life

Me and My Inner Child:
- **RECONCILIATION WITH YOUR INNER CHILD**: Learning techniques for reconciling with our inner child, letting go of negative past experiences, and experiencing inner peace
- **HEALING YOUR INNER CHILD**: In this workshop, we use various techniques to complete our age cycles and will enter a new place of healing by mending and closing the wounds sustained in each age.
- **RESCUE YOUR INNER CHILD**: In this workshop, we resolve our incomplete issues with ourselves, our parents, and our surrounding people. We then find our true self using various techniques, and start living as our true self.

Seminars:
- **LOVE**: Learning techniques for creating and improving a romantic relationship and freedom from the net of repeated past choices
- **ARCHETYPES**: Develop a fuller understanding and knowledge of behavior patterns, assistance in finding the appropriate and effective solutions for sustaining balance in our lives, and exercises for activating our archetypes.
- **BEHAVIORAL GAMES**: By learning about the theory of “Games”, you will have a new understanding of your own and others’ behavior and as such, will learn how to exit or not enter their or your unwanted game. This will result in control of your life and relationships on a new level.

• If you have any questions or would like to know which class is right for you, please call us at 818.920.8114