

*Kick Out the Lies!*  
*Holley Gerth & Denise Martin*



# Meet Your Hosts, Partners & Friends...



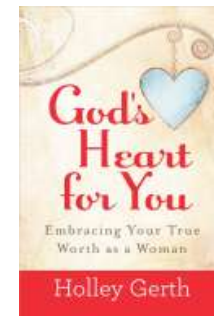
[www.bridgelite.com](http://www.bridgelite.com)

Denise Martin – Professional coach,  
speaker, entrepreneur,  
encourager on YOUR journey



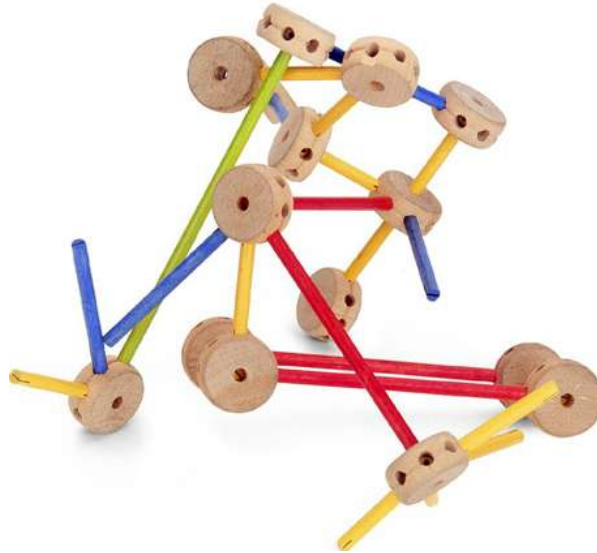
[www.holleygerth.com](http://www.holleygerth.com)

Holley Gerth – Author, life coach, writer for  
[DaySpring](#), cofounder of [\(in\)courage](#),  
friend to YOU



# *Kick Out the Lies in Your Life so...*

You Know Your **Identity**



You Seek to Know & Discover your  
**Purpose**

You Realize it's all About **Relationships** – in all their forms and stages.

# How do we “kick out” the Lies?

## 1. **Bring the Lies into the Light**

We can't fix, move or change what we can't see. Name it, speak it or write it.

## 2. **Challenge What You Hear**

Even well-meaning people may say not so well-meaning stuff. Is it really true for you - or based on something said by someone?

## 3. **Reprogram.**

Create new paths – true new ones can be uncomfortable until uncomfortable “worn in.”

## 4. **Say it OUT LOUD!**

There is a strong biblical tie between your heart and what is said.

## 5. **Give yourself GRACE**

All of this takes time and Lots of practice! 😊



# Q&A with Holley & Denise



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THANK YOU for Joining us today!

PRESS \*2 ON YOUR PHONE TO  
RAISE YOUR HAND THAT YOU HAVE A QUESTION

**If accessing audio portion via phone:**

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TYPE YOUR QUESTION IN THE TEXT BOX  
ON THE PAGE TO THE LEFT AND PRESS SUBMIT.

# Continue to Kick Out the Lies with Us...

## ■ Group Coaching

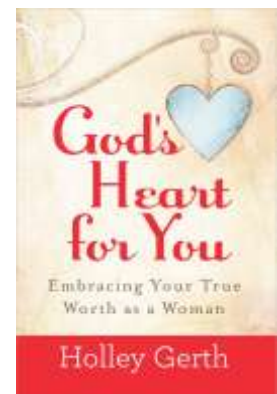
### ■ Topics:

- Week 1 June 9 FREE WEBINAR Putting on Your Boots!
- Week 2 June 16 Spotting the Lies in Your Life
- Week 3 June 23 Kick Out the Lies about Your Identity
- Week 4 June 30 Kick Out the Lies about Your Purpose
- Week 5 July 7 Kick Out the Lies about Your Relationships
- Week 6 July 14 Live in the Truth for a Lifetime

\* For More Information: <http://kickoutthelies.eventbrite.com/>

\* Contact Denise Martin for career and transition coaching [www.bridgelite.com](http://www.bridgelite.com)

\* Connect with Holley for life coaching & more [www.holleygerth.com](http://www.holleygerth.com)



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