

**Nancy Van Dyken**  
*M.S.Ed, L.P., LICSW*

Nancy has been a therapist, trainer, and speaker for nearly 30 years, specializing in individual and relationship counseling as well as life and career coaching. As her practice has evolved over time, she has found that she most enjoys working with people to heal relationships of all kinds — including relationship to self.

A national speaker, she addresses conventions, associations, expos, corporations, and private sector organizations.

She says, “I hold a firm belief in people’s ability to heal, to be powerful in their own lives — and to rediscover joy, peace, and contentment.”

Nancy is presently writing a book about how discovering your true self can jump-start the forgiveness process.

# *Seeking Peace...*



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**Nancy Van Dyken**  
*Licensed Psychologist*



## *Peace comes from knowing yourself*

### **Find your way**

We all compromise in our personal and work lives, and make adjustments that we hope will allow us to fit into a partnership, family, or group. While negotiating any evolving relationship, we may give parts of ourselves away in order to make things work. We get off-track. Sometimes we experience a crisis or loss and realize we've forgotten who we truly are.

Nancy helps you find your way back to your authentic self. She is caring, honest, direct, and humorous as she encourages you to follow your own path. Nancy gives you skills to navigate the inevitable rocky parts of the journey back to your true self, back to joy.

### **Listen to your own wisdom**

We know in our hearts what is good for us and what is not. Sometimes we stop listening to our inner voice and end up feeling powerless, hopeless, and afraid. When we pay attention, we can recover our equilibrium and learn to live in strength, joy, and peace. Nancy gives you tools to reconnect with that place within where you hold your own truth.

### **Trust what you know**

We all have our own indwelling guidance — and often we ignore it or lack confidence in it. An essential part of our journey is learning to trust our own wisdom and to live according to that trust. This can be difficult and even scary when our hearts challenge us to be more, or summon us to act in a way that requires us to change. Together we can overcome those fears and find peace.



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### **Live with joy**

Joy is a natural part of life; just watch a toddler discover a flower or play with a puppy. Once we learn to hear our inner wisdom and act on it, happiness and ease follow naturally. Joy, contentment and peace re-emerge as our natural birthright as we move forward on our path.



*The outside world  
does not have to be in balance  
for the inside world  
to have peace.*

*- Tom Hyder*



*Nancy creates a safe, caring environment either in person or via SKYPE*