

The Trading Mirrors Workshop

Who Are You Beneath the Story You Were Handed?

Signature Workshop

Deborah DiMiceli | Esteem Academy

“Your self-image was likely handed to you by someone else. The question *Trading Mirrors* asks is: are you still carrying their mirror, or have you traded it for your own?”

Most people have never chosen the mirror they see themselves in. It was handed to them by a parent, a teacher, a culture, or a single moment they never quite got past, and it has been quietly shaping their confidence, relationships, and sense of worth ever since. The keynote names that mirror. The workshop is where people trade it. Built on the S.E.E.D. methodology from *Trading Mirrors* (See, Examine, Elevate, Design), this guided 30 to 90 minute experience moves a small group through structured reflection, hands-on practice, and shared connection. It is not a lecture. Participants work with each other, with the material, and with themselves, and many leave saying it is the first time they have seen themselves clearly, not through someone else’s mirror.

WHAT HAPPENS IN THE ROOM

- **The Opening Story:** Deborah opens with a story from *Trading Mirrors* that sets the emotional context and gives the room permission to be honest
- **The S.E.E.D. Reflection:** a structured process for identifying the mirrors participants have inherited and choosing the one they will carry forward
- **The Mirror Exercise:** each participant receives a compact mirror and affirmation stickers for a moment of quiet, intentional self-reflection
- **The Affirmation Wall:** participants build a shared sticky-note installation that stays with the room long after the session ends
- **The Ten-Second Reset:** Deborah closes with a practice from the book that participants can use the same day

WHAT PARTICIPANTS LEAVE WITH

- A clear view of the inherited mirrors shaping their confidence, relationships, and sense of worth
- The S.E.E.D. Framework as a personal reflection tool they can return to on their own
- The Ten-Second Reset: a practice from the book they can carry into everyday moments
- Their compact mirror and affirmation stickers: a tangible reminder of the reflection they chose

WHAT YOUR VENUE RECEIVES

- A fully facilitated program with no preparation required from your team, and all materials provided
- An affirmation wall installation that remains with your space after the event
- A natural book-signing pairing, with signed copies available for every attendee (Deborah handles fulfillment)

FORMATS

30 min *The Mirror Moment*

Conference breakouts, book signings, lunch-and-learns, event add-ons. Opening story, mirror exercise, and the Ten-Second Reset.

60 min *The Reflection*

Bookstores, libraries, community reading nights, author events

90 min *The Experience*

Retreats, wellness programs, corporate employee development, faith and community groups

AT A GLANCE

Up to 30 participants

In person, fully interactive

Now booking 2026 to 2027

IDEAL FOR

Bookstores, Libraries & Community Centers, Wellness & Retreat Settings, Women’s & Men’s Groups, Faith Communities, Recovery Organizations, Corporate Wellness Teams

BOOK

Trading Mirrors: You Deserve A Reflection That Loves You Back (Bold Publishing, 2026), an Amazon #1 bestseller at launch. The workshop is the experiential version of the book.

PAIRS WITH

Trading Mirrors, the signature keynote. For conferences and full-day programs, the keynote names the mirror and the workshop gives people the space to trade it.