What is the Sunflower Effect?

Questions about the Sunflower Effect? · https://www.makingmoves.net/FAQ/what-is-the-sunflower-effect/

The Sunflower Effect® is a highly effective confidence-building system **designed for quiet, shy or introverted people** or for those who have experienced difficult experiences that have **undermined their confidence**.

The Sunflower Effect Courses® offer a safe, supportive and friendly space with other people who are experiencing the same issues as you.

It's a space where over time, you can free yourself from the **psychological barriers that are holding you back from expressing yourself authentically.**

This might be:

- being more outgoing and expressive
- having more fun in life
- being more sociable
- speaking up in front of groups
- delivering presentations
- having an outlet for your creativity
- overcoming blocks to your confidence
- overcoming difficult life experiences that have seriously undermined your confidence

An adapted form of drama

The Sunflower Effect® works through an **adapted form of drama** which is **very different from the kind of drama that you might have experienced at a drama class**.

It is based in dramatherapy, a very safe way of working with drama. It is also working at a deep psychological level.

The Sunflower Effect® is specifically designed for quiet, shy and introverted people, most of whom **the idea of doing drama is quite terrifying**.

In fact, most people coming to the Sunflower Effect® courses are **very nervous about the drama element**.

But this is the most **effective way of achieving the right level of stretch** that's going to enable you to break out of your shell.

Indeed, it doesn't matter **how inhibited you believe yourself to be, it will still work**. You just have to be willing to "give it a go".

You actually have **nothing to lose**. We offer a **100% money-back guarantee** to all new people who join our courses. This means so long as you stick with it, **you will see significant progress.**

And if you go on to participate in a series of courses, you will, in time, **say goodbye for good to your "wallflower" identity for good.**

Embedded media: https://www.youtube.com/embed/PG3MYscU678?feature=oembed

Why it's called the Sunflower Effect

Claire called it the Sunflower Effect® because this is what happens to people when they participate in the courses. **They come alive. They light up. They expand. They shine.**

And they start doing things in their lives that previously were impossible for them.

For us, the Sunflower is a symbol of what happens to people when they complete the courses.

They become that big, open Sunflower **which naturally shines**.

A Sunflower is quite simply **someone who is shining their light. Because this is the most natural thing for them to do.**

It is someone who is **just being their true selves, free of the baggage that has kept them hiding away.**



The ability to shine your light - free of the baggage that has kept you in hiding,

More information:

How to be more confident the fast, fun and easier way

The psychology behind the Sunflower Effect

Concerned about the drama? See if this information helps to relieve your concerns.

"I can't do drama" and how you can

Or learn more about how the Sunflower Effect® came about

How the Sunflower Effect came about