



Training Workshop(s): Step into Your Purpose - Looking at Self-Care Through a Generational Lens

Objective:

Have you experienced that sense of knowing your destination, yet feeling unsure about the exact next move to reach it? Alternatively, perhaps life has presented numerous challenges or opportunities, leaving you in a state of seeking overall clarity. If this resonates with you, engaging in the "Step into Your Purpose Workshop" offers a valuable opportunity. You'll gain access to essential tools, valuable resources, and meaningful discussions with fellow women who, like you, are poised to take that next important stride.

Outcome:

- A blueprint to self-care for your lifestyle
- A 90-Day Goal Setting Action Plan
- Networking Tool to build a community of support
- Strategies leading you down your career path with success

Workshop Experience:

A 90-180 minute, highly engaging workshop delivered virtually or in person. Includes training materials, audience engagement, peer-to-peer discussions, activities, and self-reflection.

*VIP Self-Care boxes available for additional pricing



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