



## **Women's Empowerment: Transforming Conflict into Courageous Collaboration**

**Feel good in relationship**

This workshop is for women interested in honest dialogue, story-telling and inspirational learning to foster personal development. Together, we will explore questions such as...

- How can I create healthier relationships with others and myself?
- How can I reframe conflict as an opportunity to deepen trust and shared understanding?
- How can I step out of the attack-defend habit to hold all needs with care?
- How can I let go of right-wrong thinking to I'm OK - You're OK?
- How can I live with greater peace and well-being?

**Empowerment = Discovering and living what is personally meaningful**

**The embodiment of collaboration is compassion, curiosity and courage.**

**The enactment is honouring self and others.**

**Connect with your heart truth to be your best self.**

- What:** A workshop designed to uplift, inspire and nurture women
- Facilitator:** Elizabeth Soltis, a certified empowerment life coach
- When:** Sunday, February 5<sup>th</sup>, 2017 \* 2:30 pm – 5 pm
- Where:** Saat Lune Yoga Studio, 2965 Hamilton Road, Bright's Grove
- Fee:** \$50 \* includes refreshments and handouts

**Pre-registered payment required. Call the studio at 519 381-6169 to reserve your seat.**