

EMPOWERING WOMEN TO LIVE AND LEAD FULLY WITH:

AUTHENTICITY // COURAGE // RESILIENCE // CONFIDENCE

5 STEP PROCESS (5 P'S)

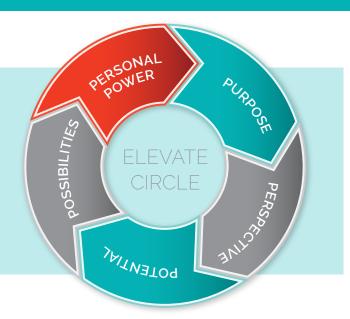
Step 1: Own Your POWER

Step 2: Know Your PURPOSE

Step 3: Shift Your PERSPECTIVE

Step 4: Harness Your POTENTIAL

Step 5: Elevate Your POSSIBILITY



WORKSHOPS & 5 STEP PROCESS

OWN YOUR POWER

- · Self-awareness
- Mindfulness
- Responsibility
- · Personal Impact

KNOW YOUR PURPOSE

- Leverage Strengths
- · Know Your Blinders
- · Values Alignment
- · Fulfillment Filter

SHIFT YOUR PERSPECTIVE

- · Self-awareness
- Mindfulnes
- Responsibility
- · Personal Impact

HARNESS YOUR POTENTIAL

- · Kaizen Method
- · Create Plan
- New Habits
- Commitments

ELEVATE YOUR POSSIBILITY

- Plan Execution
- Communication
- G&R Feedback
- · Collaborate & Lead

AUTHENTICITY

COURAGE

RESILIENCE

CONFIDENCE