

DARE to be different today. Allow YOU to be Extraordinary tomorrow.

DARE CHANGE Workshop Series give you the courage, clarity and confidence to make positive change happen.

My DARE process is rooted in the science of positive psychology, and will lead you on a path of self-discovery and equip you with pragmatic tools to create the life YOU want.

In these workshops I work with you and a small group of like-minded women to help you discover what you really want, tame your fears, control your self-limiting beliefs and open yourself up for the change you really want.

- Learn how to reshape your thinking with an introduction to the concepts of neuroplasticity and brain self-deception.
- Walk away with mindful and pragmatic tools to make positive, sustainable change in your life.
- Empower yourself with more resilience to stress and get back in the driver's seat of your everyday!
- Increase your overall state of mind and well-being.

There are four different workshops and each one is 3-hours long – a combination of lectures, group exercises, storytelling and mindfulness exercises.

Discover your power and learn what limits you.

Articulate what you really want and be empowered as a result.

Reframe the HOW by adopting a new perspective - be brave.

Execute it and make it happen!

Contact Kimberly today

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About Kimberly

Kimberly Napier is a transformation coach, speaker and leadership trainer with over 20 years of corporate sales and marketing experience, MBA and certification in positive psychology and coaching. She works with successful women and professional leaders to do what it takes to elevate to their next level of extraordinary.

She is "no-nonsense" coach with real-life empathy and a simple message – don't wait for a wake-up call to transform your life. Working with exceptional women to help them courageously write their next life chapter and elevate their life on their terms, her mission is to empower others to live 100% authentically in their own fulfillment.





D

Workshop 1 - Discover Your Power

This workshop is about discovering your power of choice and making the declaration to BE (REALLY) REAL! You'll gain self-awareness about what limits you from getting what you want and learn techniques on how to silence your negative talk – your inner Medusa. You'll learn how to unleash your best self, your goddess from within, and how to be a powerful creator of your life. By the end of the workshop you'll be ready to move on to articulating your life purpose and authoring your life.



A

Workshop 2 - Articulate Your Purpose

In this workshop you be empowered to become the author of your life and GET (REALLY) CLEAR! During our time together you'll write your legacy and define your life purpose. You'll gain clarity on what your true-life purpose is by fully articulating your values (what gives you meaning), your passion (what fuels you), and your character strengths (what defines you). With this clarity you'll be ready to reframe the HOW to make what you want possible, and learn how to increase your resiliency.



R

Workshop 3 - Reframe Your Possibility

This workshop shows you how to adopt a positive perspective and "growth mindset" so you can reframe the HOW of possibility and empower you to BE (REALLY) BRAVE! You're going to discover how to be more positive in your everyday, embrace failure and shed your perfectionist expectations. You'll walk out of this workshop with tools to help you identify more possibilities in reaching your goals, so you're ready to take the next step to make change happen for yourself.



E

Workshop 4 - Execute Your Plan

In this workshop you'll learn how to make your plan for positive change take shape and (REALLY) DO IT! The concepts of the "happiness success model" and "life is a journey, and not a destination" will forever change how you approach your life. This is about locking in your commitment, and learning how to be more mindful in your everyday behaviors to stay on track for sustainable change.

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