

# Sunday November 3<sup>rd</sup>

## A Journey of Empowerment

### An uplifting life-changing event for women

Are you frustrated, feeling you are going in circles and always hitting the same walls?

Do you give much more than you receive in your relationships?

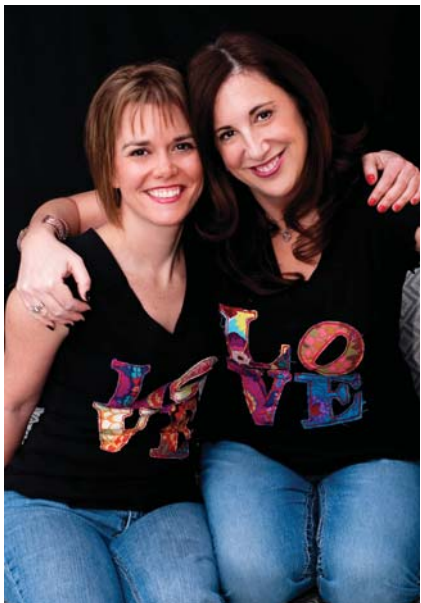
Have you been looking for your own recipe for happiness without success?

When things go wrong in your relationships, do you feel depleted and helpless?

We used to feel this way too for a long time, and we searched for a long time too. We searched everywhere. In books, workshops, sharing with each other, doing yoga, crying, eating sushi, laughing... With a lot of trial and error we found some really good answers! We applied these strategies in our own lives-

they worked! We gave the know-how to our clients to try in their own lives, and it worked for them too! We could see that once we understood our traps, our fears, how things work and why, that the sky really is the limit! It is not that there aren't any traps anymore, but we have learned how to see them coming, and move away from them. We dreamt of reaching a lot more women to share the wisdom and joy of developing this capacity for transforming lives. We saw women starting to develop wings to reach for

the stars - Empowered Women Workshops was born! 3 years going. 6 full days workshops. 5 retreats, A book and DVD course coming next winter, and still going! We are



reaching for the stars, creating a life that reflects ALL that we are! If you want to join the Empowerment Journey with us, come see us on our website

<http://www.empoweredwomenworkshops.com/>

Or come see us in person on Nov 3rd at our full day workshop

**Who Says You Cannot Live Your Dreams?**

**Gutsy Living 101**

*For more details and to register: [www.empoweredwomenworkshops.com/who-says-you-cannot-live-your-dreams/](http://www.empoweredwomenworkshops.com/who-says-you-cannot-live-your-dreams/)*