

Once upon a time- we dreamt....



By Sandra Reich M.Ed,
Co-Director of Empowered Women Workshops
Clinical Director of The Montreal
Center for Anxiety and Depression.

and

Maite Gomez B.Sc,
Co-Director of Empowered Women Workshops

Once upon a time we dreamt... We dreamt of a life where all our women- sisters would make their dreams come true. First, we started to create our own dreams, learning how to make them happen. What was our dream? Well like most women, it was at first a dream of happiness, without real shape or form to it. Then more questions arose.

How does one create their own happiness?

It is certainly not by following someone else's recipe. Follow your heart as they say... But we needed to go deeper then this, as the heart can be fickle. What is sure? Our values and our needs are core to who we are and instrumental to our happiness. Our values and needs tell us how we want to live our lives. But then sometime our fears block us.

Does your life reflect your values and who you truly are? Do you feel satisfied with how things are going for yourself? Is the story you are telling yourself helping you go towards your dreams or is it bringing you further away? Are your fears blocking you from moving forward?

Here is something to consider: You can create the life you want. We have a huge role in how our lives play out. You have choice, you have power. Our lives are actually asking us WHAT makes us happy and HOW do we create this in our lives? There are cutting edge scientific strategies that can teach you how to live the life of your dreams and stop letting fear block your chances at happiness.

This is what we will be discussing on **November 3rd** @ This year's Empowered Women's Workshops' "**Who says you Cannot Live Your Dreams? Gutsy Living 101- The Course.**" We will be digging into to the WHAT and HOW of living true to yourself- so you can stop putting your dreams and happiness on

hold and discover the steps to create the life you always have wanted and deserve!

Empowered Women Workshops was created with the hope of spreading the word that the "dream" is possible. We have dedicated the last 3 years to bringing this kind of evolvment and hope to the women of Montreal and the women of Montreal have responded in the most inspirational ways possible. You have written to us telling us how these workshops have inspired, empowered and changed your lives. You have role modeled to other women- your daughters, your sisters and your girlfriends changing the world one person at a time. Women have a huge impact on this world and yet we so often forget ourselves. No more.

Not only have we seen what our own workshops have inspired but since starting Empowered Women Workshops we have also seen many other women workshops starting to sprout up. This is confirmation of the power that gets created with women coming together in a group- growing and evolving together. We could not be happier that our vision is becoming a reality in more and more arenas.

For our 7th day workshop, we have a very special day planned full day of learning, cutting edge strategies and our special guests: the entire team of The Montreal Center for Anxiety and Depression. The day will be full of learning, fun, laughter, growth and of course shopping with an exclusive mini mall of amazing products for women.

It is time for us all to live our dreams and find deep purpose to propel our lives to a better future. It is time for us to overcome and conquer the fears that block us from reaching for the stars. We can do this.

We hope to meet you at an Empowered Women's Workshop. Perhaps this November 3rd - you will join us to move from fear to gusty living. It really is time to bring your dreams to reality and live your best life possible.

Sandra and Maite

Co - directors Empowered Women Workshops.

Submit your questions about empowerment to Sandra and Maite by writing sheryl@thesuburban.com or by fax 514-484-9616 Attn :Empowered Women Workshops