



The **POWER** of
FOCUS
for
women

Helping you live the life you really want

**How different would your life be if you had the
courage, determination and confidence to
overcome your fears and self-doubt?**

Would you take more risks? Create healthier relationships?

Would you feel happier if you could make better choices?

The Power of Focus for Women

workshop is an action-packed personal experience filled with practical solutions that show you how your life *can* be different.

You will focus on how to:

- **Get real**
Develop greater personal awareness so you can avoid sabotaging your future happiness. Learn to be more authentic and get in touch with what's most important to you.
- **Unload your baggage**
Identify the limiting beliefs that can keep you stuck, and learn how to build a rock-solid foundation for healthy self-esteem.
- **Stop the energy drain**
Recognize what depletes your energy. Eliminate worry, guilt and resentment.
- **Flex your "No" muscle**
Learn how to set strong boundaries so you can have better balance and less stress. Give up the "need to please" forever!

The Power of Focus for Women

workshop will help you examine your life and change your perspective, so you can open your heart to what's really important. No matter what your circumstances, you will find real value and meaning throughout this unique experience. Whether you are a stay-at-home-mum, retired from the work force, a busy executive, or someone going through a personal crisis, this workshop impacts everyone who participates.

Take some special time for you

Women often feel they need permission to focus on themselves. Instead, treat this opportunity as a time-out; a special gift to yourself, and one that you absolutely deserve.

Here's how it works:

This workshop is a highly interactive three-day experience. Each day is brimming with activities and flows from beginning to end. The group size is small, the environment stimulating and supportive. Each participant receives a comprehensive workbook of exercises and practical tools that anchor the learning long after the program is over.



Born and raised in Northern Ireland, **Fran Hewitt** is an internationally acclaimed workshop facilitator and founder of The Power of Focus for Women workshop. A best-selling author and inspirational speaker, she is an expert at helping women change their lives for the better. You'll find her intuition, compassion and down-to-earth wisdom, both inspiring and practical.

Life changing

“Fran Hewitt is one of those rare individuals who can help people see where they are stuck, and then provides simple and practical solutions to set them free.”

Jack Canfield, *Co-Founder, Chicken Soup for the Soul Series*

“Hits you right between the eyes—a real wake-up call!”

Glenna Salisbury, *CSP, CPAE, Past president, National Speakers Association*

Powerful

Read how graduates describe this unique program

Inspiring

“What I liked best was the sincerity of the program... a group of honest people trying to make sense of what life has unloaded on them.”

Joy McNeil
Artist/Home-maker

“I will never again accept less for myself. Thank you, thank you, for showing me that I am worth it!”

Christi Dobbins
Explorer

“A real eye opener—I am now back on track with the life I want. I have choices again!”

Sonja Gosteli
Owner, Globi Web Solutions

“This course taught me about integrity and being ‘Real’ in my life. I was such a people pleaser before. I highly recommend this workshop to women who are ready for change in their lives.”

Rae McCartney
Airline Customer Service Agent

Challenging

“Powerful!
Now I’m a lot more confident in what I’m doing, and know exactly where I am going. Saying ‘No’ feels great.”

Loanne Lewis
Benefits/Payroll Co-ordinator, Alliance Pipeline Ltd.

“This is a life changing experience. Don’t wait, do it now!”

Kathy Hillert
Banker

Uplifting

This could be one of the most important weekends of your year!

Call now for upcoming dates and registration details:

P 403.295.0500
F 403.730.4548
E pofw@thepoweroffocus.ca
www.thepoweroffocus.ca

Isn't it time to live the life you really want?

Positive