



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.



Based in Denver, Colorado, **Peggy McGinn** is an ideal facilitator for this interactive workshop. She is a seasoned counselor and a licensed pastor. Peggy is also the founder of Esther's Hope International, an organization that helps women move beyond their personal challenges and limitations. She brings a wealth of experience and compassion to this program. With her natural ability to teach and encourage positive change in others, she makes this workshop an unforgettable experience.

Life changing

Powerful

Inspiring

Challenging

Uplifting

Positive

“Peggy McGinn is a talented facilitator who changes women’s lives. Her depth of caring and compassion combined with years of real-world experience make her an invaluable asset on The Power of Focus Team.”

Fran Hewitt, Founder and Co-author, The Power of Focus for Women

Read how graduates describe this unique program

“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

“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

“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.

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

Christi Dobbins
Explorer

“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

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

Kathy Hillert
Banker

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

Call now for upcoming dates and registration details:

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