

Helping you live the life you really want

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.

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!

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.

**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