Women's Empowerment Series 💚
Date: November 7,14,21,28, 2022.
Time: 6:30 - 8:00 pm
Location: Zen Den - SVYCC
Cost: Food Bank donation
Sponsors: SCRS/SVYCC

Description: In this 4-week series, we will gather as a group to connect with ourselves and others, sharing ways to align with our inner rhythm and learning how to live life with a fullness that 'fits' your individual needs to claim your empowerment and align with your voice. Wherever you may be on your path, connection to yourself and others is crucial - join us as we create connection and community.

Week One:
Connection - Exploring how emotions play a role in one's life and learning to identify your feelings and needs. Learn ways to gain a deeper understanding of how this knowledge can support you with meaningful connections.

Week Two:
Mindfulness - Tips to reduce tension and anxiety and recognize your stress levels. As you learn how to connect to your stress response and practice stress relief as a habit, this will bring you self-empowerment.

Week Three:
Embodiment - Enhance your ability to focus, process information and solve problems. Learn how to use your body to support clear decision-making and tap into sensory experiences.

Week Four:
Integration - Integrate emotional wellness more frequently. Develop practical ways by raising awareness around how your immune, hormonal and nervous systems function while in a state of energetic coordination.

BIO'S:
For the past 30 years, Beth has taught women to lead with their heart- intelligence and brilliant minds! She helps leaders and visionaries confidently and safely access their personal power. Beth uses impactful methods that support women to understand their deeper purpose with clarity empowering them to express themselves and live in authenticity.
Beth is an Accredited Professional Coach (PCC) with both ICF and the CCF. She holds a Certificate of Organizational Coaching (COC) from UBC alongside numerous certifications in multiple modalities, including NLP|LOA and the Connection Practice.

Laurie has been studying the magic of the body for over two decades and believes that we are all born to deeply remember Our True Selves (that aspect of ourselves that is separate from our personalities, or the stories that we tell ourselves and the stories that others tell about us). She has facilitated women's circles, workshops and classes with an emphasis on expanding consciousness and finding a path back to ourselves.
Education: BA Sociology, Social Work, 200hr Yoga Training, Certified Rebalancer, Level 2 Reiki pr