

How do you want
your life to be
different?

There are as many answers to this question
as there are women in the world. Only you
know the answer for you.



The Woman Within®
Training provides a
safe and nurturing
environment for you to
explore how your life could be different
and to reaffirm your
wholeness as a woman.

Since 1987, and as of May 2005, over 7800 women
from more than 20 countries have chosen to
experience this powerful transformational
weekend.

OUR MISSION:
TO CREATE EDUCATIONAL
OPPORTUNITIES FOR
WOMEN TO DISCOVER
THE POWER OF WHO
THEY ARE.

At Woman Within, there is
a place for you.

For more information on the Woman Within Training,
or to speak with a woman in your area who has
experienced the weekend, call 1-800-732-0890 or visit
the Woman Within website at www.womanwithin.org
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Woman
Within
TRAINING



Discover the power of
who **YOU** are.

How will you know if this is the right time in your life to do the Woman Within® training? At Woman Within, we trust that each woman intuitively knows what is right for her. The training provides the tools to delve deeper into your own inner wisdom and see which parts of yourself need further acknowledgment and integration, so that you can live your life to the fullest. We are there to support you – in all your potential and power, with all your shadows and challenges – to be who you want to be. The only requirement for attendance is an openness to experiencing yourself.

How can one weekend possibly change your life? For some, it is the opportunity to be heard as they discover their voice and speak their truth. For others, it is having the space and time to experience intense emotions without judgment. Still for others, it is the rare experience of compassion and strength created by women coming together to witness, accept, empower and honor themselves. You decide what you will take away from this creatively choreographed weekend. You decide where you are ready to go.

By women, for women

The Woman Within Training was created by women, for women. It is a unique opportunity to explore your essence as a woman and your life choices. The training is not therapy. It offers a series of exercises, guided imagery and intense individual and group work so that you can see and transform what holds you back. The one-to-one staff ratio allows for personal attention and ensures that you are witnessed and supported as you reclaim your passion for life and belief in yourself.

Conscious connection

A variety of opportunities exist for those who wish to stay connected after the weekend. The five regional sponsors of the Woman Within training offer Empowerment Circles, where communication skills and group dynamics are further experienced and refined in small groups. Women have also spontaneously created couples groups, mixed-gender groups, and wisdom circles (for women over 50). Community events are widely held. Some events are jointly sponsored with The ManKind Project™, which offers a program for men called the New Warrior® Training Adventure.



EACH MEMBER OF THE STAFF HAS WALKED THE SAME WOMAN WITHIN PATH BY EXPERIENCING THE TRAINING HERSELF. WE ARE WOMEN OF ALL AGES AND CULTURAL BACKGROUNDS, FROM AGE 18 TO 80 AND BEYOND. WE ARE GRANDMOTHERS, MOTHERS, SISTERS, DAUGHTERS, PARTNERS AND FRIENDS. WE COME FROM MANY DIFFERENT PROFESSIONS AND WALKS OF LIFE. MANY WOMEN CHOOSE TO SUPPORT WOMAN WITHIN BY VOLUNTEERING THEIR TIME AND RESOURCES. A SMALL NUMBER OF SENIOR STAFF ARE PAID TO FACILITATE THE WEEKEND.

“During the weekend, I spent time with myself, my real self. After years of not wanting to look, I discovered I’m not so bad after all. Just a little sad and a little angry. Nothing a little compassion can’t sort out.”

Louise Le Gat
London, United Kingdom

“I know myself better now. I am able to feel my feelings instead of denying them. I understand the difference between my thoughts and feelings. I stand my ground instead of blowing in the breeze to everyone else’s desires. I can say no!”

Ann Becker
Grand Ledge, Michigan



“When I went to the weekend I had a hole in my heart, a missing piece that kept me from being whole. At the weekend I found that piece and it has remained with me ever since.”

Barbara Vittetoe
Puyallup, Washington

“At the training I learned how to speak from my heart. My relationships with both men and women have improved because I can communicate more clearly what I need, what I want and who I am. It’s a lot of work but worth the effort.”

Anne Recchia
Rochester, New York

“The Woman Within Training moved me forward and more deeply into my own life, through issues that used to block me, toward a perspective of valuing all parts of my past and all parts of myself. Being part of the Woman Within community has opened new paradigms for me about community, collaboration and culture. I feel more connected not only to my own life but also to history and my vision for the future.”

Bonnie Reagan
Chicago, Illinois



INTERNATIONAL® call 1-800-732-0890 or visit www.womanwithin.org