

EMPOWERMENT CIRCLE TRAINING!

Each woman who completes the Woman Within® Training Weekend has the option to participate in a support group referred to as an Empowerment Circle (E-circle).

An E-circle is a place to be welcomed and accepted, where you can be true to who you are. It is a safe place to learn greater emotional self-awareness and hone your communication skills with the support of like-minded women.

It is a place to be witnessed as you continue on your path in life and discover your own best solutions. Your E-circle is a place of support in stressful times and a place to question and challenge in times of growth.

It is a place to be seen and heard by a trusted Circle of Women as you speak your joys and sorrows. Your E-circle is a place to nourish your spirit and strengthen your heart and to support other women in their experiences.

We offer a Guided Empowerment Circle Training that teaches essential skills in leading and participating in your own Empowerment Circle including:

- Structure of an Empowerment Circle
- Skills for creating safety
- Listening skills
- Self-directed conflict management
- Exercises to deepen relationship
- And more . . .

Upcoming Guided Empowerment Circles:

Venue: Buffalo Grove, IL

Date: Saturday, December 1 & Sunday, December 2

Time: 8:30am-5:00pm

Fee: \$100

Register Contact: Emily Halliday @ Emily.halliday@comcast.net or (773) 764-2980

***Many existing Ecircles require completing this training before joining a circle.