

# **Woman Within**

## **Guided Empowerment Circle**

**The Empowerment Circle is a place for women to support, nurture, challenge, share, witness, listen, hope, dream and play.**

**We offer a Guided Empowerment Circle training that teaches the 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 relationships**
- And more....**

**Have the positive feelings you experienced after doing your weekend faded? If so, it is never too late to get them back. This weekend intensive provides a safe opportunity for a reconnect to you and to other women.**

### **Upcoming Guided Empowerment Circle 2-day Intensive Training**

**Venue: North Chicagoland Area**

**Date: July 7 and 8**

**Time: 9:00-5:00 (approximately)**

**Fee: \$100**

**Register: Contact: Melissa Mondschain at  
[Melissa@catalystbenefits.com](mailto:Melissa@catalystbenefits.com)**