

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 Trainings

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