

Creating (and Refreshing) Dynamic E-Circles

Skills for Doing "Work" in Your Circle

Presenter: Esther Robertson

Veteran e-circle members will learn new ways to go deep and enliven their circle. Women **new** to e-circles will have "work" demystified. **All** women are welcome (including those who have not attended a Woman Within training)! And, the workshop is appropriate for women who are not yet in a circle but would like to be in one. The prerequisite: each woman must have done some sort of personal growth work (counseling, life coach, etc.).

What you will learn:

- * Processes used to work with anger, sadness, grief, fear, inner critic, body image, shame
- * The messages that feelings bring and how to work with creating solutions
- * Exploring empowerment, and how circles can support you in your goals
- * Transforming "victim thinking" into empowerment action
- * How to fully support each other and yourself
- * Overcoming the obstacles you might run into within your Circle of Women

This weekend workshop is recommended for:

- * Women wanting a weekend of personal growth and experiential exercises.
- * Existing circles wanting to add new skills and grow
- * Women wanting skills to use in their everyday lives
- * New circles wanting to know how to support & empower each other and how to do deeper "work"

Fee for the weekend: \$195 (includes \$100.00 non-refundable, non-transferable deposit). All materials & supplies are provided. *Bring your own sack lunch and water.*

Date and Location:

When: Saturday, October 25, 2008 &

Sunday, October 26, 2008 (9am-5pm)

Where: 14275 Oak Knoll Ave., Wadsworth, IL (*home of Esther Robertson*)

To Register: Please complete the registration form below and send your form and payment to Esther Robertson, 14275 Oak Knoll Ave., Wadsworth, IL 60083.

You may contact Esther with questions at morningwoman@sbcglobal.net

This program was "gifted" to Esther Robertson by Sheri Zuccato, the creator of this workshop. Using Sheri's guidelines, Esther adds her own rich wisdom, experience, processes and style.

Register as soon as possible to save your space! Deposits are due by October 15th.

**"Creating Dynamic Empowerment Circles"
Registration Form**

Please Print:

Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Home Phone: _____

Work/Cell Phone: _____

Email: _____

Enclosed is my check/money order for my full payment of \$195.

Enclosed is my check/money order for my deposit* of \$100.

*Deposits are due by October 15, 2008

Payment and Cancellation policy:

Payment: A \$100.00 non-refundable, non-transferable deposit reserves your place, with the balance due no later than four weeks prior to the workshop date.

Cancellation: If we receive your cancellation notice in writing no less than 21 days prior to the first day of the workshop, we will refund your paid fee less the \$100.00 deposit (\$95.00). A no-show with no prior notification, or leaving the workshop, forfeits the entire \$195 fee.

Send your form and payment to:

Esther Robertson
14275 Oak Knoll Ave.
Wadsworth, IL 60083.

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