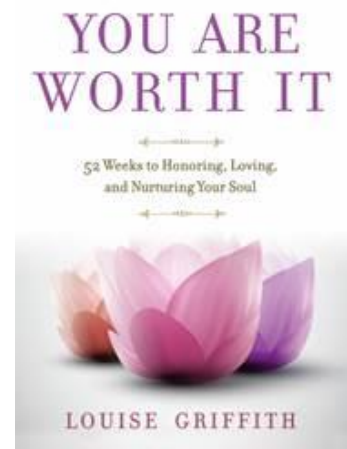


You Are Worth It: What Are You Waiting For?

An Interactive Workshop by Louise Griffith

Do you see yourself in any of the statements below?

- **I feel depleted and unfulfilled; I'm unsure of my next steps.**
- **I'm often hard on myself.**
- **My dreams and goals are falling through the cracks.**
- **I spend time helping people around me, but do not make time for myself.**
- **I need a plan! I'm lacking guidance to claim my self-worth.**



Many of us have a hard time carving out a space for ourselves and investing in our personal well-being. Don't let your goals and aspirations take the backseat. You Are Worth It.

In my personalized half-day workshop, you will confront some of the barriers blocking your way to attaining your full worth. In a judgment-free, interactive space, we will...

- Explore and honor your inner wisdom
- Identify your roadblocks—what's holding you back from taking the next step?
- Pinpoint actions you can take to increase your personal satisfaction
- Empower you to move forward and become the narrator of your own story
- Celebrate your individual gifts and strengths, and capitalize on those assets

My promise: *You will leave this workshop with concrete "I Am Worth It – Next Steps" to guide and enhance your personal journey.*

Please join me

Saturday, April 16th, 8:00 AM to 12:00 PM

The Woman's Club of Minneapolis

410 Oak Grove St

Minneapolis, MN 55403

612-813-5300

Register before April 9th for the "Early Bird" price of \$97 (a savings of \$30), by emailing Louise at louise@oneshininglight.com

Limited to 20 participants.

INCLUDED: *Hot Breakfast Buffet, "You Are Worth It" book, and customized materials.*

Thank you,

Louise Griffith

952-484-3100 louise@oneshininglight.com