

STOP

- **Reflect**

- Feelings / Emotions
- Health
- Career
- Relationships
- Finances
- Spirituality
- ...

GET
READY

- **Invest**

- In yourself
- In your aspirations
- Meet like-minded women in a safe, relaxed fun and interactive environment
- ...

GO

- **Take Action**

- Tap into your potential
- Re-define
- Re-focus
- Re-connect
- Re-energize
- ...



I AM...

Women's Personal Development Workshop

An invigorating 1 day workshop specifically designed to help women of any age, at any stage in life and from any background to gain a deeper understanding of themselves and their closest relationships.

Research shows that women are becoming less and less happier with their lives, often juggling home and work and feeling out of balance and control. .We often give time out to others but do not take time out for ourselves .

We will walk with you through Your Journey of Self Discovery Personal investment and empowerment , offering support, guidance and insight. You will reconnect with your own inner voice, learn to listen to your own body, gaining harmony in mapping your destiny and knowing your authentic self.

Date

Wednesday 15th August 2012

Time

9.30 AM – 5.00PM

Venue

**Charity House Drayton Street
Wolverhampton WV2 3AB**

Contact

info@re-cognition.co.uk

Mob:

07790299009

Registration Fee: £20.00 donation to DOM charity to cover course materials, refreshments, and venue hire.

Only 20 Places offered

