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Sealskin, Soulskin: Reclaiming the Power Within

Quick Look: 3-day program / \$450.00

OVERVIEW

Women experience a very present void, a place they know is within but that they do not know how to access. A place where power and peace, connection and voice are alive and well. Taking the time to tap into that place is often difficult for women in their busy-ness and commitments, their ever-expanding responsibilities at home and work. This program focuses on the internal strength, passion and intelligence that women possess and often under-utilize when we put ourselves “last on the list.”

“Sealskin, Soulskin: Reclaiming the Power Within” is an opportunity for women to come together to share experiences, camaraderie and lessons learned. This program focuses on the integrated self, rather than the woman as an archetype of mother, healer, worker bee or witch. Beyond the archetype is the powerful woman who has so much to offer both personally and professionally. Using Clarissa Pinkola-Estes’ book, *Women Who Run with the Wolves*, and a mask-making process, participants will take the time to remember, reclaim and grow their power within.

OBJECTIVES

- Increase understanding of what inhibits our personal power, and learn how to reconnect with our strengths and talents.
- Improve relationships among women in our lives, at home and at work, through a greater understanding of the dynamics creating discord and disconnect.
- Recognize the “drying out” signs, and invest in our wellness, self-acceptance, and growth.

BENEFITS

- Improved wellness, self-acceptance and acceptance of others.
- Revitalized energy at work and home.
- Improved relationships with self and with others.