



Personal Development Info Session

Reclaim Your Life

Thoughtful change through cultivating our natural clarity, confidence & connection.

A close look at your life's ingredients.

Reclaim Your Life is an 8 week long life coaching course for women of all ages in transition who crave change. During these sessions, women will playfully look at the ingredients of their life and decide what to keep and what to release.

- Receive guidance through the process of examining your fears, doubts, & insecurities.
- Discover a group of like-minded women who are craving change & preparing to take action.
- Create deep & meaningful connections.
- Develop a plan to achieve your goals, reclaim your life, & re-discover who you are.
- Join a private Facebook group to connect, share stories, give & receive support during your journey.



Facilitator: Nicole Gelinas

Reclaim Your Life will help you make a plan to get from where you are to where you want to be by building clarity, confidence & connection. This course creates community, gives you tools to navigate transition & allows you to connect with yourself in a deep, meaningful way in a safe space.

Through thoughtful conversation & sharing in a safe environment we will build a tool chest of new skills to figure out how to get from where we are to where we want to be. The course will build on your own experience. There is no prerequisite required, just an open heart & a willingness to look at your own unique life with a fresh set of eyes.

This workshop offers an introductory session followed by 8 weekly, 2 hour meetings from 9/6-10/25/16.

Where & When:

Info Session at Old Firehouse Gallery, 44 Main Street, Orleans, MA 02653
5:30 - 6:30 PM, Monday, August 29th, 2016

How to Join: Call WE CAN at 508-430-8111 to register for the Info Session.

Free, Confidential, Childcare Reimbursement Available

WE CAN ~ Women's Empowerment Through Cape Area Networking ~ Life Changing Services for Women

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783 Route 28 ~ Harwich Port ~ MA 02646 ~ www.wecancenter.org ~ 508-430-8111