

# Empowered Women's Circle



Hosted by  
Susan L. Levine,  
MA, LPC



## Tickets

Tickets are available for \$45 per session or \$125 for a package discount for all three (link below)

Join us for a series of Saturday morning mini-retreats on a variety of topics for women

Many women today yearn to live a more joyful, authentic life...a life more in alignment with their unique gifts and highest ideals. Yet no matter how much they desire change, they're so busy holding everything together and taking care of others that they resign themselves to watching their own dreams slip away. Others are too afraid of failure to reach beyond the familiar. Access your courage to break free, gain self-esteem, self-confidence and self-awareness with these valuable interactive mini-retreats.



## Location

Simsbury Chiropractic & Wellness Center  
540 Hopmeadow St, Simsbury



## Refreshments

Coffee, tea and assorted breakfast pastries will be served

## Fall 2019 Sessions:

### WOULDA, COULDA, SHOULD... LETTING GO OF REGRETS

⌚ Saturday, September 14<sup>th</sup>

⌚ 10:00-12:00 pm

Our fall session begins with a fresh look at overcoming regrets, mistakes, and missed opportunities. In this mini-retreat you will learn to:

- ✓ Recognize how the toxic cycle of regret, guilt, blame and shame keeps you from feeling free and at peace
- ✓ Learn how to examine your past mistakes and regrets without getting stuck in the chatter of your critical inner voice
- ✓ Cultivate compassion for who you were when you made difficult choices

### DREAMING AT ANY AGE

⌚ Saturday, October 12<sup>th</sup>

⌚ 10:00-12:00 pm

You have dreams. They can energize and motivate you to living your best life. Meaning and fulfillment does not have to end at a certain age! If you are single, a newlywed, a parent, an empty nester or retired, join us as we share, discuss and practice how to learn, find meaning, grow and discover joy at every stage of life.

### OVERWHELM-PROOF YOUR HOLIDAYS

⌚ Saturday, November 9<sup>th</sup>

⌚ 10:00-12:00 pm

November and December holidays aren't always a happy picture of families gathering together to celebrate. Family rifts, toxic relationships or being alone present very different scenes. In this mini-retreat we will discuss:

- ✓ Whatever your situation is, find meaning in your holiday
- ✓ Explore your expectations and how they match your needs and reality
- ✓ Learn how to create the holiday experience that fits for you
- ✓ Discover how kind, healthy boundaries make all the difference

For more information and to purchase tickets please visit:

[www.WomenReshapingLives.com/Empowered-Womens-Circle](http://www.WomenReshapingLives.com/Empowered-Womens-Circle)