

# CREATING YOUR

NEW  
NORMAL

## REVIEW, RENEW & REJUVENATE

We invite you to **give yourself the gift of time** and join us for this deep, empowering 2-day women's workshop-retreat in beautiful, relaxing Maesso.



### *Gain Clarity*

With so many responsibilities and priorities, it's often hard to know what you want and where to begin.

- Rediscover your values, passions, and identity.



### *Set Direction*

Time is precious, and it seems like there's never enough.

- Learn how to prioritize your intentions, break them down, and create a plan.



### *Increase Confidence*

Being "enough" is such a paralyzing thought.

The lack of self-esteem stems from your beliefs that get in the way of taking action.

- Create empowering beliefs that strengthen your ability to step out of your comfort zone.



Meg Ty Quiengco



Rasmeet Sachdej



Fun Innovative Tools

### Welcome 2022 Refreshed & Re-Energized

When: March 11 & 12, 2022 Fri & Sat 9am - 6pm

Where: Seaside B&B, Merizo

Cost: \$397 (early bird through 28 Feb. \$337)

Reservation & more information:

Call Meg @ 671 483-9456 [megtyquiengco@icloud.com](mailto:megtyquiengco@icloud.com)

or, Rasmeet @ 671 687-4717 [Rasmeet@aspire2rise.com](mailto:Rasmeet@aspire2rise.com)

