

# Fall Workshop For Women



“How did it get so late so soon?  
Its night before its afternoon.  
December is here before its June.  
My goodness how the time has flown.  
How did it get so late so soon?”  
~Dr. Seuss

Women have so many demands placed on them, constantly pulled in all directions, all the while forgetting to take care of themselves. Suddenly we realize how much time has passed, and we feel disorientated.

This workshop is about **having fun, being creative, rediscovering** ourselves, and finding out **what is really important to us** as individuals

## Session Topics & Workshop Options 4 OR 8 Weeks

### Weeks 1 through 4 - Workshop

- Where are you now?
- How did you get here?
- Where did time go?
- Where are you going?

### Weeks 5 through 8 - Workshop

- Who am I?
- What do I really want for my life?
- What do I need to know - First?
- How do I get there?

**Classes start every Tuesday & Thursday**

**Tuesdays or Thursdays at 5:00 to 7:00pm**  
**Friday Mornings 8:30 to 10:30am**

**\*\*Note: 8-Week Workshop follow-on after 4-week workshops**

**Class will be cancelled /rescheduled if fewer than 5 Participants (No class November 26<sup>th</sup> -Thanksgiving)**

### To Register

### Cost

• Space is <b>limited</b>	• <b>4 Week Workshop</b> - \$85.00 (Due at registration)
• Registration is <b>required</b>	• <b>8 Week Workshop</b> - \$180.00 (Due at registration)
• Participation is required at all sessions	• Each Session is 2 hours of Fun!

**Grab a friend & come join the fun!**

**Call Sharon at (336) 355-1120 / Email [sdempsey@ibhsol.com](mailto:sdempsey@ibhsol.com)  
To reserve your space today!**

# You will need to bring...

## Week 1

- Photo of yourself as a baby, or a young child if you do not have baby photos
- Photo of yourself as a young adult around 18-22 years old
- A current photograph of yourself

## Week 2

- Complete Myers Briggs Assessment online (it is free), printout the result and bring them to the workshop