

Women Emotional Wellbeing Series

SIGN UP NOW!

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Women *Self-Actualization* **RISE AND SHINE** Program

Women often face the daunting task of balancing multiple roles, dealing with gender biases, and overcoming self-doubt, all of which can significantly impact their lives.

The resulting burnout leads to chronic fatigue and reduced productivity, affecting both work performance and personal relationships. This strain often leads to isolation and challenges in maintaining meaningful connections.

Moreover, career stagnation brings frustration and a feeling of being stuck, hindering progress and overall satisfaction. As a result, many women struggle to find their purpose and regain a sense of direction.

However, by participating in the program, women will emerge with a heightened self-awareness and practical skills in goal-setting and aligning personal values with aspirations. They will acquire effective strategies for navigating challenges and fostering increased confidence in pursuing meaningful goals.

Ultimately, participants will experience a profound sense of purpose and fulfillment, both personally and professionally, as they apply their newfound insights and skills to lead more intentional and satisfying lives.



Who Should Attend?

- Career changers exploring new roles or industries.
- Entrepreneurs starting or expanding businesses.
- Women balancing entrepreneurship with personal life.
- Individuals addressing career-related gender biases.
- Women striving for fulfillment and success in their careers.

Objectives

- Gain a comprehensive understanding of self-actualization, explore related theories and research, and reflect on personal experiences to enhance self-awareness.
- Learn effective goal-setting techniques, articulate meaningful objectives aligned with self-actualization principles, and develop personalized action plans for goal attainment.
- Explore practical strategies for integrating self-actualization principles into daily routines, identify and overcome obstacles, and cultivate supportive networks to foster resilience and empowerment.

Learning Outcomes

- **Understanding Self-Actualization:** Participants will grasp the concept of self-actualization and its relevance to personal growth and fulfillment.
- **Recognizing Characteristics:** They will identify key traits and behaviors of self-actualized individuals, particularly focusing on examples from successful women.
- **Setting Intentional Goals:** Participants will learn to harness the power of intentionality to set and align goals with their core values, fostering clarity and purpose.
- **Initiating the Self-Actualization Journey:** They will explore practical strategies to initiate and sustain their personal journey towards self-actualization, including overcoming challenges and achieving meaningful milestones.
- **Practical Application:** Participants will apply their newfound knowledge and skills to real-life scenarios, enhancing their ability to lead more fulfilling and purpose-driven lives personally and professionally.

Program Outlines (2 Days)



Methodology

