



Becoming 'You' for Women
A Step-By-Step Guide to Self-Discovery & Whole Self Transformation
Webinar, Small Groups, Bring this Book to the Women in Your Organization

Overview of Becoming 'You' for Women and how you can use this book within your organization:

If you have attended or heard of the **Personal Excellence for Women Program** created and facilitated by Wendy Turner-Larsen, then you know how powerful it can be in changing the lives of women. Her recently published book will most certainly be of interest to you!

This must have book is a workbook within a book and provides a clear, practical step-by-step process that you and your colleagues can use to facilitate your own circle groups. Imagine, you and many of your colleagues discussing and learning how to apply self-compassion and decreasing the busy, negative thoughts and critical voice, learning how to set boundaries, and overcome self-sabotage and imposter syndrome, deepen confidence and implement self-care, practice the power of brain science, learn about a practical step by step process to allowing and understanding emotions, identify your values and create a clearer direction for your life, understand how to connect with others in a deep and meaningful way, assess how to quickly identify and deal with stress and even learn a process of self-forgiveness. This book is complete with self-assessments, practical steps, journal prompts, guided visualizations and discussion points. It is laid out in a step by step, organized fashion and implementing suggested changes are clear and manageable.

Three Options:

Option 1: Book + Brief Introduction + You run the small groups:

Purchase the book for the women in your organization and Wendy will offer a complimentary 20 minute Zoom Call to introduce the book and provide tips on how to run your own small circle groups using Becoming 'You' for Women. I recommend having one contact person for this, who also encourages the women to host and facilitate their own small circle groups:

Group suggestions:

- Group held once every 2 weeks or 1/month
- 1.5 hour each session
- Group size: maximum 6 (but you can run as many groups as you like).
- Each group member takes a turn leading (guidelines, questions and discussion all provided in each Chapter).
- Cost: \$20/book + shipping for 50 or more

Option 2: Webinar + Book + You run the small Groups

1 Hour Webinar - facilitated by Wendy

- Self-Compassion, The Foundation to Becoming your whole self. .
- How to run a successful small group following the book, Becoming 'You' for Women
- Group size: Minimum 30 and maximum any number.
- Cost: \$169/person and includes a copy of the book.

Option 3: Becoming 'You' for Women Small Group led by Wendy

These small group coaching sessions facilitated by Wendy held over a 3 month period, provide in depth support, discussion, and accountability to the women who attend while they deepen self-compassion, set new boundaries, strengthen courage to be who they really are, learn more about emotions and brain practices which in turn creates a quieter mind and a more confident resilient woman.

- 6 small group sessions, 1.5 hour each, held every 2-3 weeks.
- Group size: Minimum 6 and maximum 8.
- Cost: \$1500/person
- Includes: Workbook + Becoming 'You' for Women book

These sessions have been facilitated for SaskPower, Indigenous and Northern Affairs Canada, and attendees from: Hopes Home, SARM, SouthWest Terminals, provincial Government ministries, and more.

Email Wendy with questions or for more information: w.tl@sasktel.net

Here's what you can do:

- Share this email with other women to see who might be interested in any of the options.
- Think about bringing a circle of women together to go through the book together from your workplace.
- Any order of 50+ is discounted.

Imagine having the impact of the **Personal Excellence Program** contained in ONE book, that YOU and others can facilitate. Less cost! More Impact! Because more women receive the information, more women take responsibility to lead sessions within their own group. More women support and understand each other at a deeper level. Personal change is hard, but necessary and this book provides the path.

Working through the book with other women: Gathering with a group of like-minded, open-hearted and soul-centered women to discuss and support this deeply personal work is constantly enriched when you do it together. Connecting with other women helps us to connect with ourselves. We need to know that we are accepted and loved as we navigate personal change. This supportive, non-judgmental group connection helps support our enoughness through the chaos that can ensue when we try to affect change on our own.

Here's what one pre reader wrote: *"To find this level of profound healing within the cover of a single book is cause for celebration. The work inside personalizes and deepens with the addition of the written exercises to explore authentic self. A modern handbook for a truly individual journey for women."* - Janet, LCSW, MT USA