

# Women's Time Out!

*Inspiring Inner Strength, Confidence & Wellbeing*

**Stress, life demands, overwork, burnout, low energy, battered soul, life out of whack (LOL)...**

*Sound familiar?*

The truth is even the "Energizer Bunny" eventually runs out of juice!

**Renew and recharge the 'batteries' of your life in just one hour.**

If your response is *"But I don't have time"* you may want to think again...

This one hour is an investment that will yield returns in your wellbeing.

It's a "booster shot" for sound body, mind, and spirit.

It's like going from living in black & white to living in full color.

One hour that is like a *Spa...aaah* for your Soul ;-).

**Women who attend these highly energizing sessions will:**

- Enjoy fun activities and discussions designed to awaken their potential and increase confidence
- Be inspired with a C.L.E.A.R. formula to increase overall wellbeing and joy
- Leave empowered with a plan of simple steps to immediately begin enhancing life-work balance

**Note: "Time Outs" are also available for general audiences and parents!**

**To schedule, please complete & submit: [Speaker Request Form](#)**



About the Presenter: Lucy V. Cantú is a Transformational Coach & Speaker. She credits a "wake up call" years ago, along with motherhood, career, and poverty as a child, for landing her in the field of personal & spiritual development. As she learned to overcome personal limitations, her work evolved. In time, she discovered a talent for helping people break through limitations and reach their greater potential. Today, she brings a fresh, new voice to ancient wisdom, inspiring audiences while passionately delivering life-enhancing and life-changing lessons in a style that's down-to-earth and laced with laughter and grace.

For more information: [www.lucyvcantu.com](http://www.lucyvcantu.com) or [Contact Lucy](#).

*"A remarkable speaker who fills people with inspiration...a gifted speaker who holds more power in a sentence than most can muster up in a full conversation"* Mary V.

*"Great at inspiring others to see the greatness and possibilities inside them...great at helping others want to do better and be more."* Barbara B.