



Workshop Descriptions

Primary Objectives: *Leadership & Personal Development -- Self-esteem, Self-worth, Confidence, and more -- with a twist of Fun!*

Workshop Titles & Topics, presented in English or Spanish:

Vision: Be Crystal CLEAR & Dazzle With Success ~ La Visión: Obtén Claridad y Brilla con Éxito: This session focuses on the significance of the words “*follow your dreams.*” Our success lies in how clear we are about our future and the outcomes we hope to achieve. Participants engage in activities to tap into their life dreams and begin developing a meaningful vision that puts them on the path to success.

Embrace Your Passions: Glimmer While You Work ~ Dedicarte a tus Pasiones: Supera en tu Trabajo: We're all wired for success! The key is to “*follow your heart.*” Through stories and activities, we'll discuss innate gifts & talents as related to achieving success and their relationship to potential careers or employment. Participants leave with an understanding of the importance of identifying their life path and staying true to it.

Self-Confidence: Glow From the Inside Out ~ La Confianza: Refleja lo Maravilloso Que Verdaderamente Eres: This lesson incorporates a beautiful story that emphasizes the importance of believing in oneself. We discuss the significance of “*staying true to who we are*” and its relationship to confidence and true life success. Participants gain understanding of self-worth, self-esteem, and how to grow their level of confidence.

Creativity: You Were Born to Sparkle ~ La Creatividad: De Estas Chispas Brota tu Genio: We are all born to create! We simply express our creativity differently. Creativity is fundamental for problem solving, innovation, and successful living. Participants engage in discussions that give perspective to these truths. They learn simple facts about brain functions & sub-personalities and participate in an activity where they get to “*color outside the lines!*”

Authenticity: Let Your Divine Essence Shine ~ La Autenticidad: Permite Que Brille Tu Esencia Divina: Authenticity comes from tapping into the essence of who we truly are. Participants will get to know themselves better through self-discovery activities. They'll understand the importance of honoring who we are and what is true for us.

Courage: Radiant Risk-Taking is a Work of Heart ~ El Coraje: El Tomar Riesgos con Valor Toma Ánimo: Like the Cowardly Lion in the *Wizard of Oz*, we are all gifted with courage. We simply need to learn to access and use it when life becomes tough and uncertain. This session focuses on how to gain courage to overcome obstacles and take risks as we pursue our life dreams.

Character: Celebrate Your Magnificence ~ El Carácter: Celebra lo Magnífico Que Eres: Life success is highly dependent on a person's character. Participants come away from this session with a clear understanding of the importance of developing character traits that lead us to growing into the best we can be.

Leadership Basics: Women of Wonder in Action ~ Destrezas Básicas de Líderes: Mujeres de Maravilla en Acción: The ability to “*lead*” is one of life's most important assets. Anyone can learn to develop leadership! This session defines leadership and teaches four core skills for a leader's success: vision, mission, planning our action steps (goal setting) and taking action with courage, confidence, and commitment.

For more information, contact Lucy V. Cantú at (972) 841-4042.