

Superwoman

The Working Woman's Guide to Being Superwoman (with Ease and Grace) Introductory Session

The Superwoman Starter-Kit workshop will give you the tools and techniques you need to use your superpowers in all areas of your life.

Do you...

- Struggle to juggle everything in your life?
- Feel stressed and overwhelmed?
- Feel like you need more hours in a day?
- Experience lack of time, money, love, appreciation?



The Superwoman Starter-Kit is designed to remind you just how powerful you really are and that you don't have to try to be SUPERWOMAN because you already are SUPERWOMAN!

It will help you take off your cape and embrace your true power so that you can truly be a super-successful working mom - with EASE and GRACE - rather than stress and struggle!



In this two hour introductory session you will be introduced to:

- What it takes to experience ease and flow in your life ~ immediately
- How to reduce stress and "overwhelm"
- Tricks to propel yourself forward - again and again
- To still the chatter in your head and gain clarity on what's important
- To embrace your superpowers and become truly powerful

Who should attend

- Working women who want to experience more EASE and FLOW in their lives
- If you want to be happier and more successful (in whatever way success looks to you) then this is the workshop to attend

More about Dina



Dina Cramer

Dina Cramer has an Honours Degree in Psychology and an international qualification as a professional coach. Over the past 18 years she has worked with executives at some of the top multinational companies in South Africa in the field of personal and leadership development. She is a published author and has written articles for various newspapers and magazines. She has also been a guest on various television and radio stations. Her best qualification, however, is that she is a single mom and sole provider for four sons: She has been there! She knows what it takes.

IN-HOUSE WORKSHOPS

Our recommendation is that this world-class intervention should be run as part of your in-house management development curriculum, at a venue and on a date that is convenient for you.

For more information about this cost-effective option, please contact **Kym Jackson** on **082 453 9393** or kym@symphonia.net