



# 5-Week Self-Discovery Workshop Upcoming Dates TBA



GIRLS AGES 5-12

In this series we have a blast as we explore the following topics through empowering crafts, positivity games and interactive learning:

- Choosing joy & developing **positive mindset habits** through **self-discovery** exercises helps us stay true to ourselves despite life's challenges.
- Using **self-esteem boosters** such as affirmations leads to a positive self-image; navigating social media comparison traps.
- Expressing **gratitude** & showing appreciation towards others creates a flow of positivity in our lives.
- Creating **vision boards** & practicing **meditation** helps prepare the mind with goals & action steps.
- **Giving to others** and making a difference in someone else's life builds a foundation for inner joy and self-love.

A workbook will accompany each workshop to complete a comprehensive binder of pow"Her" tools!

## WORKSHOP TOPICS:

1. INTRO TO A POSITIVE MINDSET. FREE
2. SELF-IMAGE-AFFIRMATIONS
3. GRATITUDE
4. VISUALIZATION/ REFLECTION
5. SERVICE TO OTHERS/ WRAP-UP

\$125

**MONEY-BACK GUARANTEE!** If after the first workshop you decide you decide not to continue, we will refund your money! **Keep the workbook!**

\*Pre-registration  
Required

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# Still have Questions? Contact Us

**MONEY-BACK GUARANTEE!** If after the first workshop your daughter decides not to continue, we will refund your \$\$ and you can keep the workbook!



**Jump  
Into Joy™  
Experience**



To Be Held at Kidzone 712 E. Bay Ave., Suite 12, Manahawkin, NJ  
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