

The W.O.M.B.

Women on a Mission Boldly



Welcome to The W.O.M.B. - Women On a Mission Boldly, a transformative 9-session support group designed to uplift and empower women impacted by trauma. This inspiring and safe space offers emotional support, effective coping strategies, and a unique opportunity to turn personal growth into a force for helping others. Each session lasts 1.5 hours, and is crafted to foster healing and personal empowerment.

***Birth the Woman You
Were Created to
BE***



**1
Recognize
and
Address
Trauma**

Help participants identify and acknowledge the impact of trauma in their lives.

**2
Deepen
Spiritual
Connection**



Facilitate a stronger relationship with who they are destined to be to support spiritual and emotional healing



**3
Activate
Personal
Growth**

Encourage a shift from a victim mindset to one of empowerment and resilience.

**4
Foster
Accountability
and
Forgiveness**



Promote self-examination, personal responsibility, and the process of forgiveness.



**5
Encourage
Reflection
and
Support**

Celebrate personal progress and inspire participants to support and uplift others through their own experiences.



Duration and Format

9 sessions

**Weekly in person sessions
(1.5 hours each)**

Prerequisites: None

