

THE RHYTHM OF RESILIENCE

“THRIVE AS A MODERN WOMAN”



Find your rhythm.
Embrace your
balance.
Own your journey!



*“Your Transformational
Catalyst for Growth”*

THIS VIRTUAL SESSION IS FOR YOU, IF YOU WANT TO :

- ✓ Balance career growth with family priorities (without guilt!)
- ✓ Create space for your own well-being and self discovery
- ✓ Learn powerful and practical tools to manage time, energy and mindset
- ✓ Redefine success on your own terms
- ✓ Create a personalized Balance Blueprint to implement right away

DURATION: 2 HOURS

FEES: 250 AED

[Reserve Your Spot Now](#)

“Session & payment link will be provided on registration”

Walk away with a clear action plan to balance career, family, and self-care—
without feeling overwhelmed!

www.sigmaintelhub.com