



IT'S ALL ABOUT ME WORKSHOPS 2019

What's in Your Vending Machine? • \$149

What's in Your Vending Machine is all about your dreams, where they are sitting, how to corral them, prioritize them, and determine initial steps to turning those dreams into reality. Life is full of missed opportunities. And although you can't go back and start over, you can break that pattern by taking a step in the direction you want to go. Just one small step changes your direction enough to create a new ending for you.

Before you head down any new path, take a little time to better understand why you do things a certain way and how to use that to your advantage as you begin that journey. Our morning sessions will help you better understand how you deal with life. This will better prepare you to work with your dreams and your personal vending machine.

You'll be taken step by step through the process. By the end of the day, you'll have a blueprint to help you stay on track. You'll also prioritize your dreams, create and document the most important steps to take immediately to move forward with turning your dreams into reality.

This workshop runs from 9 am to 4:45 pm. Registration begins at 8:30 am.

Workshop fee includes all session materials, take-a-ways, and a surprise or two. Snacks and beverages will be available throughout the day. Bring your lunch or venture out with other women to nearby restaurants.

This workshop consists of the following sessions:

Right Brain / Left Brain – Do you tend to have a tendency toward a dominance in one hemisphere of your brain or are you a person who is balanced. Learn which you are and how to use that knowledge when working on making your dreams come true.



Personality – This is a simple, self-scoring test that looks at four personality factors like creativity and stability. These provide some basic knowledge of self. The scores are for your eyes only.

Emotional Intelligence – This is another simple, self-scoring test that provides insight in areas such as self-image, extroversion vs introversion, leadership, independence, etc. No one sees your scores but you, as they are for your benefit.

My Vending Machine – Part 1 – We start off with what a Personal Vending Machine (PVM) is. Then we cover identifying items and how they fit, why they should or shouldn't be in your PVM, removing, replacing, and finally, managing your choices. You then take time to begin working on the pieces you want in your PVM. Before the break, we cover the three factors you must understand before you prioritize your list and place your items in your PVM.

My Vending Machine – Part 2 – We will discuss the price of your dreams and what that means. Then you will use what you learned about yourself during the morning sessions to enhance your outcome. You'll take everything you learned and develop one or more steps to set you on your way.

My Ideal Day – Taking your first choice in your PVM, you will write what your ideal day looks like when you have realized your dream. This is a powerful exercise.

Call it personal development or just hanging out with the girls. You deserve some time for you every now and then. You may not get a degree from spending time with us, but there's no homework either. Come with friends. And remember, our workshops make great gifts too.

CHECK OUT OUR OTHER WORKSHOPS:

Metaphysical Me – 1

Metaphysical Me – 2

Metaphysical Me – 3

Expressive Me

Let the Games Begin - 1

Let the Games Begin - 2

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