

FOR IMMEDIATE RELEASE

Empowering Women 45-65 on Vancouver Island,: "Unlocking Your Potential" Workshop
Vancouver Island, Courtenay, British Columbia, Canada

Calling all women between the ages of 45 and 65.

Get ready to embark on a transformative journey of self-discovery and empowerment in the highly anticipated workshop, "Unlocking Your Potential."

Hosted by Anyssa Jane, an experienced HR facilitator, "Unlocking Your Potential" is a goal-setting workshop to inspire women to take charge of their lives, set clear objectives, and achieve their dreams. This interactive and engaging event aims to foster a strong sense of community among participants, encouraging a supportive environment for personal growth.

Why Attend? "Unlocking Your Potential" goes beyond just setting goals – it's a holistic approach to self-improvement. During this life-changing workshop, attendees will:

- Identify and define their true passions and values.
- Learn to overcome self-limiting beliefs that hinder progress.
- Create actionable plans to turn dreams into reality in a post covid world
- Cultivate resilience to embrace change and overcome challenges.
- Prioritize self-care and well-being for long-lasting success.

Take advantage of the chance to transform your life. Join us as we explore the power of goal-setting and unleash the incredible potential within you.

Next date: Saturday, August 5 & 12, 2023 - 12 pm to 5 PM at Holiday Inn Courtenay.

About the Organizer: Anyssa Jane is dedicated to empowering women to thrive in all aspects of life. With a wealth of experience in personal development and life and fitness coaching, she is committed to providing a life-changing experience for each participant and assisting them to build a strong platform to build their own successes on. HR Professionals looking to help their teams move forward and find more success can also book this course privately for their teams. For other courses and writing from Anyssa please visit www.anyssajane.com

For more information and registration, please visit

<https://www.meetup.com/the-ladies-meeting/events/294978977/>

Press Contact: Anyssa Jane-HR Manager Phone 1778-548-6801

info@thecommunicationstudio.ca