

Wisdom Within Workshops & Retreats Newsletter

Women Inspiring Women

October 2005

Greetings!

Ladies - well fall is here...the beautiful colours create such magic and uniqueness. Most people are now ready to refocus on their goals now that summer is over. I find fall a very reflective time to look at all I have accomplished and what dreams and visions I still would like to fulfill. That is why I am so excited about the next retreat - I know I am ready for it. We have four amazing, unique speakers to coach us in discovering our dreams and tools to fulfill on them. I know as some of them are coaching me in my business already. I know this is a weekend all women will truly enjoy. I hope you can join us or pass this onto a friend who is ready to create what is next for them in their personal life or business. Come enjoy a very nurturing weekend with some awesome women - you won't want to miss this one.

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Women Inspiring Women Retreat- Fulfilling Our Visions - Nov 4th 6pm - 6th 2pm Camp Narnia, Shawnigan Lake - \$350 or \$300 Early Bird Discount - Includes: Meals, accommodations, 4 mini workshops, Networking, team building challenge course, spa evening, rejuvenating in nature and fun activities. Healing modalities extra.

Four Mini Workshops by Four Amazing Coaches for the Price of One You will be creating your Vision and Dreams through four very distinct methods of learning. **You will be INSPIRED into ACTION.**



Gail Hull

[Honouring Your Emotions & Why it Matters](#)



Johanna Vanderpol will be teaching people how to use emotional intelligence to achieve their goals and live their dreams using the **RHUME** model, a five-step experiential process of working with emotions, the first of its kind in the emotional intelligence world.

Johanna is an emotional intelligence coach who provides workshops, coaching and programs for people who want to decrease their emotional suffering and increase their emotional intelligence. She is also a certified coach in Authentic Happiness.

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[Being in Your Element](#)

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[Being in Your Element](#)



Deborah Redfern - "Being in Your Element" is a program that shows you how to achieve greater balance and synergy in all four elements, **Water, Air, Fire and Earth**. In this course you will begin the life changing processing of: **Mending Your Mind, Excavating your Emotions, Loving your Body and Celebrating the Celestial You**.

Deborah is an Interior Alignment Consultant and Specialist as well as a certified Soul Coach. She has also studied Aromatherapy, Therapeutic Touch and Reiki.

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[Loving Self-Care for Outrageously Fabulous Women!](#)



Annik Moyal-Waldman, M.Ed., Are you interested in renewing your spirit, and rekindling your passion for loving, compassionate self-care? This workshop is specifically designed for women who have been yearning to take better care of themselves, yet, are always too busy! It is uniquely geared for those who are committed to making wellness their TOP priority, and for those souls thirsting for rejuvenation, revitalization, and renewal! Join us for a 'sampler' of a delightful morning's journey through a combination of Eastern & Western teachings!

Annik M.Ed., has practiced as a dynamic and energetic speaker, writer, facilitator, trainer, holistic psychotherapist, personal life & business coach, and organizational development consultant for 15 years!

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[Creating New Life Patterns](#)



Lowell Ann Fuglsang - Creating New Life Patterns For women who feel stuck or uncertain about their future. This course uses a creative process that explores a traditional women's art form to inspire a life re-design.

It includes: **the renewal cycle, life's passion & purpose, life's learning and environments that support the next steps**

Lowell Ann, an independent consultant, is an experienced facilitator and trainer offering workshops in human resources, career and organizational development. She also works with individuals as a Business and Personal Success Coach.

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