

*Self empowerment is  
choice and self direction.*

*Self healing is a  
return to wholeness.*

# Self Empowerment & Self Healing Women's Weekend Retreat

*"The most exhausting thing a woman can do is to be inauthentic."*

*- Anne Morrow Lindbergh*

- *Self Empowerment is when we give power to our true self rather than to our personality.*

- *Explore our individual beliefs, life patterns and the walls we build - how they are helping or hindering our ability to create what we want.*



- *Clarify the difference between assertiveness and true self empowerment.*

- *Become more confident with self acceptance and self expression.*

*Bradley & Associates*  
Catalysts for Change

**Friday, Sept 17th, 6pm - Sunday Sept 19th, 1pm**

Fee: \$620 - includes accommodation + 6 meals

Location: Swallow Bridges Retreat, near Caledon

**To register or for more information contact June Bradley**

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