



JENNY JACKSON
CONSULTING

“Ama La Vita – Love Life”

A Workshop For Women Leading

Building sustainable personal and professional wellbeing

This workshop is designed specifically for women who are leaders (regardless of role), who encounter the various enablers and barriers which are presented by our society and systems. This is part of a new series of such discussions and exploration of complex issues and challenges.

This program is open to women who value respect, integrity and equity and who are open to exploring what feminist leadership looks and feels like and who want to be their best, most authentic and successful selves. They also want this for others. Win:Win is the goal.

The workshop provides participants with a safe environment to:

- explore what brings out their best (and what doesn't);
- identify ways to optimise their performance and wellbeing through development of their own achievable and individualised plan;
- establish a routine that works for them and develop their own personal commitment for self-care;
- develop clarity around their leadership style and ways in which to bring their values safely in to visibility and practice at work;

The workshop will end with a nurturing hour of guided Yin Yoga practice – incorporating breath and mindfulness.

The commitment:

2 ½ hours

\$80

Workshops details:

Sunday 5th April 2020

10am – 12:30pm

Location – Eastern suburbs

Places strictly limited to 10

RSVP: jenny@jennyjacksonconsulting.com.au or +61 407 040 447

Tax invoice and further details (including venue) will be sent upon RSVP

