



Minwaashin Lodge  
**is hosting a**  
**Confidence Building Workshop**  
**for First Nation, Inuit & Métis Women**

ity consulting

**Strategic Planning**  
**For Your Life**

Learn from the Past • Plan for the Future • Live in the Now

For women who would like to gain confidence and set goals for healthy, balanced personal and professional lives.

Our facilitator will motivate and inspire you. Workshop kit and supplies included.

**Agenda:**

*Smudge and Opening Prayer*

- Visualization: Feeling Good
- Using universal Energy
- Acceptance

***Feast***

- Conscious Choosing
- Core Values & Life Philosophy
- Visualization II: Guiding Light
- Vision & Mission
- Problem Solving
- Goal Setting
- Action
- Resources & Self Care

**Facilitated by: Erin Elsmore**

**Date:** Friday, March 26, 2010  
**Time:** 9 am sharp – 4 pm  
**Where:** Minwaashin Lodge  
424 Catherine Street

To Register **FREE** Contact:  
Irene Compton  
613-741-5590 ext 224

*Bus tickets provided*

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