

I'm Already Enough ***A Journey of Self-Esteem and Self-Acceptance***

A Weekend Retreat for Women
November 11-13, 2011, Hampton, NH

The key to self-acceptance is to tell the truth about ourselves -- both the good and the challenging -- and to embrace all of who we are. This retreat focuses on gaining clarity and appreciation of our unique strengths and gifts, and embracing (even honoring!) our "dark side" -- those traits and attributes that we judge harshly in ourselves and have trouble accepting. Please join us for this powerful weekend!

Imagine when you looked in a mirror that the face looking back at you is someone you truly loved. Just imagine. – Isha Judd

What You Will Experience in the Retreat:

- + **Time** *Time to breathe. Time to reflect. A time-out from the pressures and commitments of your daily life.*
- + **Connection** *With companions who share your experience -- a community of support, understanding, and wisdom that continues after the retreat.*
- + **Insight** *Using self-esteem texts and exercises, and surveys of friends and family, you will come away with a fuller understanding and appreciation for all of who you are, and a deeper sense of self-acceptance and self-respect.*
- + **Self-Nurture** *Ample opportunity to refresh your body and rejuvenate your spirit through exercise, music, laughter and the ocean.*
- + **Healing** *Another step in your journey to heal the pain that can accompany divorce, loss, or disappointment of any kind.*

Logistics, Registration and Price:

- + The retreat will be held **Friday November 11, 7pm, through Sunday November 13, 1pm**, at a beachside cottage in Hampton, NH. Hampton is about a one hour drive from Logan Airport in Boston, MA.
- + Tuition is \$350 if paid in full prior to October 1, \$400 thereafter (includes meals and simple, but comfortable lodging at the cottage). If you wish to lodge off-site, suggestions for local accommodations will be provided.
- + Registration deadline is November 1st, 2011. Space is very limited (our last retreats sold out early). To reserve a spot, please send a \$150 deposit to One Journey Consulting at the address above.
- + For more information, email info@OneJourneyConsulting.com or call 508-276-1764.

Facilitators:

- + **Renée Cooper** is a Harvard-trained Executive Coach and Workshop Leader. She has been studying personal growth through divorce for over ten years, and is writing a book on the subject. She is the founder of One Journey Consulting.
- + **Diane Hall** is a successful high tech executive. She is passionate about creating communities where people can connect and discover their true selves, develop their talents and be appreciated for their contributions. Di is a partner at One Journey Consulting.

Our Contributing Experts:

- + **Laura Hackel** is a shaman, artist, intuitive, business woman and mother. She is gifted at integrating her experience in all of these domains to facilitate the discovery and healing of those around her.
- + **Mary Hott** is an energy healer. Through her work as a musician, hypnotherapist, Reiki master, and intuitive, she is committed to helping others heal themselves by connecting with their own gifts and passions.