



You're Invited to an Empower Party®

A unique and inspiring gathering of learning, growing, sharing, and fun, facilitated by professional coach Susan Chapman

The Empower Parties® experience includes:

- A powerful two-hour group coaching session (more than 30 unique themes)
- A pre-party journaling/reflection exercise
- An Empower Parties® journal
- An empowering tip card related specifically to the theme of your party

WHEN: **Saturday, November 13th - 10:30 am – 12:30 pm**

LOCATION: Private Home in Jeffersontown, KY

COST: \$35 per person, light appetizers included

THEME: **Thriving During the Holidays**

DESCRIPTION: Have you ever caught yourself thinking, around January 2, “Well, I *survived* the holidays again.”? Most of us have experienced some sense of exhaustion, overwhelm or disappointment before, during or after the holidays. Whatever happened to it being the “most wonderful time of the year, right”!?

Most of us want to enjoy the holidays, of course. We don't set out to simply “survive” them. However, we often let the extra stresses, including our own expectations, disturb our sense of joy. There might be some years that pose additional stressors, such as the recent loss of a loved one or a grown child spending the holidays with the “other side of the family” for the first time.

Our Empower Party will help us explore and overcome our individual stress triggers that are unique to us during this time of year. With a little self-awareness, expectation-setting, planning, and deliberate action, it's possible to recapture a bit of the magic of this special time of year and *thrive* during the holidays.

**Please contact Susan Chapman to sign up today!
Deadline is Nov 1st and limited to 10 participants**

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