**New Women’s Power Coaching Group**

When my mother was in college, she volunteered at the Lakota Indian Reservation in the summertime. She would help with Bible School, telling stories and playing games with the children, assisting in the office and other small tasks. On Sundays, she would go to church and often sing a solo, singing a hymn written phonetically. She loved interacting with this native American community and they obviously treasured her. At the end of her summer, the Lakota’s gave her an honorary Indian name. The former owner of the name had passed away, so it was available to be bestowed on someone new.

Her name was “She Who Sheds Light on Her Path.” She never forgot it. Even when she was 90, struggling with dementia, she remembered her Indian name, in the original language.

I realize now that my mother had a clear understanding of who she was, her purpose, strengths, and values. She never wavered. I think knowing that special, spiritual name, bestowed in a ceremony by others, gave her an incredible inner gift of courage and blessing. And her gifts to others were abundant and never ending. Even in her last year with dementia!

This New Women’s Power Coaching Group is designed to give you valuable inner gifts of courage and blessing. You will take a journey into yourself to explore. You will uncover some amazing insights and realizations about yourself that may have been dormant or just not available to you on a conscious level. And, you will be surrounded by a special group of women, committed to holding a sacred, safe space for you.

Whatever your life holds for you at this time, whether it is caring for grandchildren, supporting grown children, nurturing an organization that you have poured yourself into, or partnering with a significant other on life’s journey with all the health issues that includes, this will be a powerful support group. You will shift your perspective, develop some new abilities, expand some other abilities, and express yourself creatively. I can promise you surprise and growth in this journey!

Recently, a woman from one of my previous women’s groups shared that she and another member of that group had gotten together recently. “We agreed that your group was the absolutely best one we’ve ever been in!” She exclaimed.

It’s true, that friendships from these coaching groups tend to last. Maybe not with the entire group, but with several women that you will feel really connected with. Everyone leaves with a high, spiritual experience about who she is and what she is up to.

 So, let’s begin! Here is some “pre-work.” It is called a “Values in Action” assessment. There are no wrong answers. Allow yourself 25 minutes to take it (there is no time limit.) There are about 240 questions, again, no wrong answers! It was developed by Christopher Peterson, PhD and Martin E.P. Seligman, Phd. At the University of Pennsylvania. See you soon!

Here is the website to take the free VIA survey and get feedback. <http://www.authentichappiness.sas.upenn.edu/> Click on “get started.” The Questionnaire Center, then scroll down to the VIA Survey of Character Strengths.

If you register for the group, we will use your insights from this survey to launch your personal development journey! Get ready for surprise, creative activities, a profound listening for what matters to you, and a deep compassion for an incredible woman: you!