



EMPOWER ONE

International Women's Day Gathering

Thursday, March 8th, 2018 - AGENDA

Item	Who	When
Welcome & Introduction	<p>Jill Hewlett, founder and mentor of the Women's Wellness Circles will welcome everyone and kick off the day sharing WWC story.</p> <p>Casandra Bryant will introduce the idea of Empower One to set the stage for us to enjoy, engage and receive the most out of our time together.</p>	10:00-10:50AM
Rejuvenation & Mini Break	5 min Brain Fitness Tune up	10:50-11:00AM
MIND SESSION	Led by Karen Armstrong – Discover the power of the Enneagram, an emotional intelligence personality system which brings valuable insights into our patterns of thinking, feeling and acting. It highlights where you might get in your own way and how to focus on your innate gifts for both personal and professional relationships.	11:00-11:30AM
Rejuvenation & Mini Break	5 min Break & Brain Fitness Tune up	11:30-11:45AM
BODY SESSION	Led by Tanya Porter – You will be guided in a positive, playful and powerful PERCUSSION, MOVEMENT & MINDFULNESS experience! Your magnificent body is designed to function as an instrument and amplifier, enabling you to be aware of yourself and express your vision into the world.	11:50AM-12:20PM



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Lunch & Vendor Market		12:20 – 1:30PM
Rejuvenation & Mini Break	5 min Brain Fitness Tune up	1:30–1:40PM
GROUP EMPOWERMENT ACTIVITY!	Terri Klein – You are Good Enough—AS YOU ARE! Get ready to honour and salute the magnificence of women, the essence of Circle and the power of YOU!	1:40-2:00PM
SPIRIT SESSION	Led by Amanda Perrone – You will be inspired to learn about the rhythm and cycle of the moon, and how it corresponds to your monthly, yearly and life time cycle. This is the cycle of creation and it resides in the body of every woman who has walked this earth. Creation is your birth rite. You will leave understanding how vitally you fit into this vast universe.	2:00–2:30PM
Closing Remarks and Call to Action	Jill Hewlett & WWC hosts	2:30-3:00PM



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