

# real consulting

PRESENTS

## WOMEN'S ISSUES: A WOMAN'S PERSONAL JOURNEY (PART 1)



A Woman's Personal Journey provides women tools to develop a deeper understanding of themselves, as well as enriching their relationships with others. The workshop explores change – personal, family, work, business, and the impact this has on women, particularly when there is grief, loss and disappointment. Strategies to gain self-belief and resiliency in the face of life's rewarding but often difficult journey are explored.

**Session 1** – Relationships

**Session 2** – Navigating Through Change

**Session 3** – Managing Grief, Loss, and Disappointment

**Session 4** – Resiliency for Women

**Do have an Employment Assistance Program (EAP)? Please inquire.**

**Location:** real consulting office (owned and operated in High River since 2002).

**Facilitator:** Kim Muscroft-McDonnel, B.A. Com. Ed., R.F.M., C.C.P., Family & Divorce Specialty

*All sessions will be tailored to specifically address individual needs.*  
**For more information please call Kim at 403-601-3088 or 403-601-5183**

### real consulting

Family & Business Counselling, Coaching, & Mediation Services

Kim Muscroft-McDonnel B.A. Com. Ed., R.F.M., C.C.P., Family and Divorce Specialty

T: 403-601-3088 C: 403-601-5183 F: 403-601-3090

[kim.realconsulting@gmail.com](mailto:kim.realconsulting@gmail.com) [www.realconsulting.ca](http://www.realconsulting.ca)

