



PERSONAL GROWTH WORKSHOP

Join us for a transformative day of personal growth, a nourishing lunch, and a relaxing homemade wine tasting! ✨🍷

Are you and your girlfriends ready to break free from the cycles that hold you back and create a path to a healthier, happier life? This empowering workshop is designed to help you understand and overcome generational dysfunction, trauma bonding, addiction, and much more. Spend a meaningful day learning, growing, and supporting each other in a beautiful, nurturing environment.

What to Expect:

1. Understanding Generational Cycles:

- **Identifying Dysfunction:** Learn how to recognize patterns of dysfunction that have been passed down through generations and understand their impact on your life.
- **Breaking the Cycle:** Discover practical strategies for breaking free from these patterns, creating a healthier path for yourself and future generations.
- **Family Dynamics:** Gain insights into how family dynamics influence behavior and relationships, and how to navigate these complexities with compassion and strength.

2. Healing from Trauma Bonding:

- **What is Trauma Bonding?** Understand the concept of trauma bonding and how it affects your relationships, often leading to unhealthy attachments.
- **Healing Steps:** Explore steps to heal from trauma bonds, including recognizing signs, setting boundaries, and fostering healthier choices.
- **Building Healthy Relationships:** Learn how to cultivate relationships based on mutual respect, trust, and healthy boundaries.

3. Overcoming Addiction:

- **Recognizing Addiction:** Learn to identify different forms of addiction, from substance abuse to behavioral addictions, and their root causes.
- **Past Trauma:** Take a deep dive in your childhood to discern and unlock what keeps you from personal growth.
- **Supporting Loved Ones:** Gain practical advice on how to support friends and family members struggling with addiction, while maintaining your own well-being.

4. Empowering Personal Growth:

- **Self-Reflection and Awareness:** Engage in activities that promote self-reflection and awareness, helping you understand your emotions, behaviors, and triggers.



- **Setting Goals and Intentions:** Learn how to set meaningful goals and intentions for personal growth and create actionable plans to achieve them.
- **Cultivating Resilience:** Discover techniques to build emotional resilience, helping you navigate challenges with strength and grace.

5. Fostering a Supportive Community:

- **Creating a Support Network:** Learn the importance of building a supportive community and how to create and maintain meaningful connections with others.
- **Empathy and Compassion:** Explore ways to practice empathy and compassion, fostering a positive and nurturing environment for yourself and those around you.
- **Group Activities:** Participate in group activities that promote trust, support, and shared growth, strengthening your bonds with fellow participants.

Lunch and Wine Tasting:

After a powerful morning of learning and self-discovery, enjoy a nourishing lunch featuring fresh, locally-sourced ingredients. Unwind with a taste of our homemade wine, crafted with care at our retreat. It's the perfect opportunity to relax, reflect, and connect with friends over good food and drink.

Who Should Attend?

- Girlfriends looking for a powerful and supportive day of personal growth.
- Anyone interested in breaking free from generational cycles, trauma bonding, and dysfunction.
- Individuals seeking to create healthier relationships and a happier life.