



SUPER WOMAN OR SUPER TIRED?



AWARENESS

Understand what the Super Woman myth is and how it is connected to every part of women's life



CHALLENGES

Identify challenges and the impact of trying to "do it all" on your mental and physical health



SUPPORT

Learn how to effectively support yourself, create your Super Calm plan and let go of expectations and perfectionism

WHO IS IT FOR

- All women employees

DETAILS

- Interactive workshop
- Online or In-person
- 1 - 4 hours duration
- Supporting material

CONTACT US

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OBJECTIVES

- Discuss the Super Woman myth and how it is connected to every part of life
- Understand the consequences if trying to "do it all" in work and personal life & the impact to your physical & mental health
- Uncover the most common obstacles to overcoming this myth (such as perfectionism, guilt, comparison etc.)
- Learn how to effectively support yourself as a working woman and/or mom while safeguarding your own needs
- Stress the importance self-care and boundaries
- Create your Super Calm plan to navigate work and personal life more effectively