



WOMEN'S LEADERSHIP COMMUNITY

## Expeditions Within: *Identify Your Limited Self*

*A Program for Women's Leadership Community Graduates*



### *Learn All About Your Habits that Hinder You... Unconsciously!*

We created a new community for graduates of the Women's Leadership Communities in 2018. Its name? **Expeditions Within**. Call it version 2.0!

When we started it, we promised to offer other events that continue your leadership development. Here's why.

During the WLC, you learned tons, and graduated with another ton of motivation. We want to build on that with our newest offering, *Expeditions Within: Identify Your Limited Self*. Based on our current environment, this will be a virtual program with no more than six participants per group.

Come to learn brand new material about yourself, experience camaraderie, and expand your network of other women leaders.

Why not give yourself the gift of taking your development further?

### What It Is:

6 Virtual Zoom Sessions:

**August 31:** 3-5 pm

**September 2:** 10 am-12 pm

**September 8:** 2-5 pm

**September 10:** 10 am-12 pm

**September 15:** 3-5 pm

**September 22:** 3-5 pm

**Plus!** Three, 1-hour coaching calls you schedule at your convenience after September 22.



## Reveal. Reflect. Recharge.

### OUTCOMES:

This self-awareness focused program is interactive and engaging, personal, and illuminating. Attending this Expeditions Within enables you to identify your complete Limited Self and the self-limiting routine of habits that define it. Our Limited Self shows up when we feel threatened, intimidated, fearful, or stressed.

We react by attacking others, defending our opinions, or judging how others think to make us right and them wrong. Because these habits are so automatic, they can cause us to lose our personal connection by reacting rather than making a choice of how we want to respond.

It's about our power -- how to use it, how to manage it, how to be clear about the choices we make with it. For those of you profoundly curious and committed to personal and professional growth, this program will take you beyond where you've been before.

When you complete our six virtual sessions, you can expect the following outcomes:

- Build a new community of women business leaders
- Confirm your Hidden Fear
- Identify your Limited Belief
- Determine your Coping Competency, your Default Mood, and your Limited Image
- Sustain your enhanced level of self-awareness with three, 1-hour coaching calls held in the three months following the program's completion

**Join us August 31st!  
Sign Up Now**

*Are you leading your life?  
or is it leading you?*



**PROGRAM FEE: \$1,549**

### SCHEDULE:

**Session #1:** November 2, 2018  
9:00 a.m. - 4:30 p.m.

**Session #2:** November 30, 2018  
1:00 p.m. - 5:00 p.m.

**Program Fee: \$1,549**

### TO REGISTER:

1. Call Leadership Outfitters at 406-586-5504, Ext. 3 or
2. E-mail Sarah Schiff: [sarah.schiff@leadership-outfitters.com](mailto:sarah.schiff@leadership-outfitters.com)