

Leap to Confidence Readiness Checklist

Free Workshop

Empowers Women in Transition



Participant must answer yes or NA (not applicable) to each question to be eligible to Leap to Confidence. If you have any questions, please contact Kelley Grimes.

- ☐ Do you want to build self-confidence?
- ☐ Are you working on making positive changes in your life?
- ☐ Are you currently or in the next 3-6 months seeking employment or education?
- ☐ Are you willing and able to make a 6-week commitment to attend class?
- ☐ Do you have a support system you can reach out to?
- ☐ Are you able to designate a place where you will not be interrupted during class?
- ☐ Do you have access to internet and a computer, tablet, or smartphone with microphone and video?
- ☐ Are you overcoming one or more of the following: lack of permanent housing, domestic violence, poverty, job loss, substance abuse, mental/physical health challenges?
- ☐ If you are in a recovery program, have you been in sobriety 3+ months?

REGISTRATION INFO

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Community Engagement
760-889-4575


Leap to Success
www.leaptosuccess.org

Helping women heal, grow, and transform their lives.