LEAP TO CONFIDENCE®

Free workshop series to empower women!

Readiness Checklist

Participants must answer yes or NA (not applicable) to each question to be eligible to attend Leap to Confidence. If you have any questions, please call Michele Cooney at 858-603-2190.

❑ 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 overcoming one or more of the following: lack of permanent housing, domestic violence, financial hardship, job loss, substance abuse, mental/physical health challenges?

❑ If you are in a recovery program, have you been in sobriety 3+ months?

Learn more about our programs and mission at leaptosuccess.org

Leap to Success™

Helping women heal, grow, and transform their lives