

# LEAP TO CONFIDENCE.

*Free 6-Session Workshop Series*

## Readiness Checklist

**Please answer these questions to see if you are ready to take Leap to Confidence:**

- Do you want to build self-confidence?
- Are you overcoming adversity or challenges in your life?
- Are you currently out of crisis and rebuilding your life?
- Are you willing and able to make a 6-week commitment to attend a weekly 2-hour class?
- Do you have access to email, the internet, and a device with microphone and video?

### **There Are Two Ways to Register for the Program**

(If You've Answered "Yes" to the Readiness Questions)

1. By Referral: Ask your case manager or therapist to register you.
2. Self-Referral: contact Kelley Grimes via phone 760-889-4575 or email [kelley@leptosuccess.org](mailto:kelley@leptosuccess.org).

#### **Contact Information**

Kelley Grimes  
760-889-4575  
[Kelley@leptosuccess.org](mailto:kelley@leptosuccess.org)

  
**Leap to Success.**  
[leptosuccess.org](http://leptosuccess.org)  
760-710-9510

Leap to Success inspires women overcoming adversity to ignite their confidence and reclaim their voice, to transform their lives and communities.