

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 Leap to Success Outreach Team at 760-710-9510 or outreach@leaptosuccess.org.

Contact Information

Leap to Success Outreach Team
outreach@leaptosuccess.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.