

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 at 760-889-4575 or email at kelly@leaptosuccess.org.

Contact Information

Kelley Grimes
kelly@leaptosuccess.org
760-889-4575


Leap to Success.
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.