LEAP TO CONFIDENCE®

FREE 6-SESSION WORKSHOP SERIES TO EMPOWER WOMEN!

Ignite your confidence and reclaim your voice in our 6-week empowerment program!

You will learn to:

- Replace negative self-talk and limiting beliefs
- Better manage stress and anxiety
- Improve your communication skills
- Present yourself effectively for job interviews, promotions & more

And you will experience:

- A nurturing and supportive environment
- Connection and a feeling of sisterhood
- Interactive and engaging sessions

Helping women heal, grow, and transform their lives!

Learn more about our programs and mission at leaptosuccess.org

Contact Information
Fatima Ashaq, Community Engagement Mgr
619-990-4654 or fatima@leaptosuccess.org
Main office: 760-710-9510

Leap to Success

We inspire women overcoming adversity to ignite their confidence and reclaim their voice.

leaptosuccess.org

SIX-MONTH
Personal Growth Milestones

39% response rate

94%
manage their stress effectively with healthy choices

95%
feel empowered to make choices in their lives

92%
feel confident in their abilities

92%
are hopeful about their futures

94%
change negative thinking into positive thoughts and actions

VISIT OUR WEBSITE FOR UPCOMING CLASSES

LEAPTOSUCCESS.ORG

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