

FIERCE, FABULOUS & *female*

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DISCLOSURES

Relevant (financial) relationships: I am chief rock'n'roller at Rikke Kjelgaard Consulting and provide trainings for Praxis CET.

I am privileged and probably hugely biased.

Please know that I have the intention of being of service to each and every one of you regardless of your context.

What this is not

A workshop about how we hate men

A workshop about how women have always been treated wrong

A workshop dwelling on inequality and suppression

FIERCE, FABULOUS & *female*

- CELEBRATION OF WOMANLINESS
 - ASSERTIVENESS TRAINING
 - SELFCARE PRACTICES
 - CONNECTION WITH AND EMPOWERMENT OF EACH OTHER
 - FRAMEWORK: ACCEPTANCE AND COMMITMENT THERAPY
-
- **BAD ASS SKILLS TRAINING**

We may all have come on
different ships, but we're in the
same boat now.

Martin Luther King

MY INVITATION

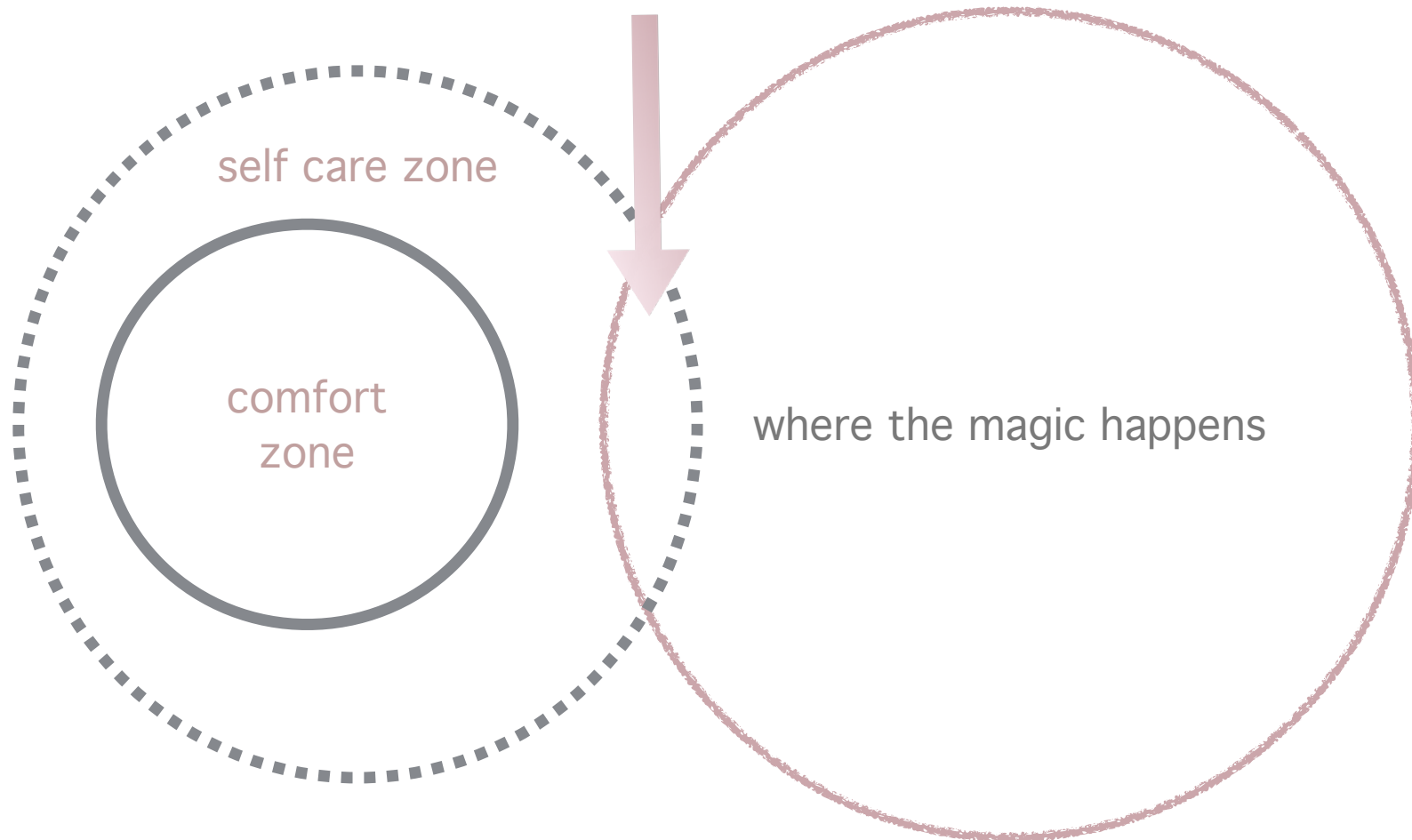
PLEASE ASK QUESTIONS

GIVE YOURSELF PERMISSION TO COME INTO CONTACT WITH ALL KINDS OF EXPERIENCES –
ALLOW THEM AS THEY SHOW UP

GIVE EACH OTHER PERMISSION TO COME INTO CONTACT WITH ALL KINDS OF
EXPERIENCES (DON'T "SAVE" EACH OTHER)

WHAT HAPPENS IN ... STAYS IN ...

I. AM. HERE. FOR. YOU.



Thank you Benjamin Schoendorff

DISCRIMINATION TRAINING

WHICH UNCOMFORTABLE THOUGHTS, FEELINGS AND OTHER EXPERIENCES COULD POTENTIALLY SHOW UP IN HERE?

WHAT DOES YOUR AVOIDANCE BEHAVIOR LOOK LIKE?

HOW WOULD YOU LIKE TO BEHAVE?

WHAT DO YOU NEED, WHEN IT'S DIFFICULT?

HOW CAN YOU AND YOUR BUDDY/BUDDIES SUPPORT EACH OTHER?

THE FIERCE AND FABULOUS ME

The fierce and fabulous me I want to be

These uncomfortable thoughts, feelings and experiences show up when I am moving towards the fierce and fabulous me

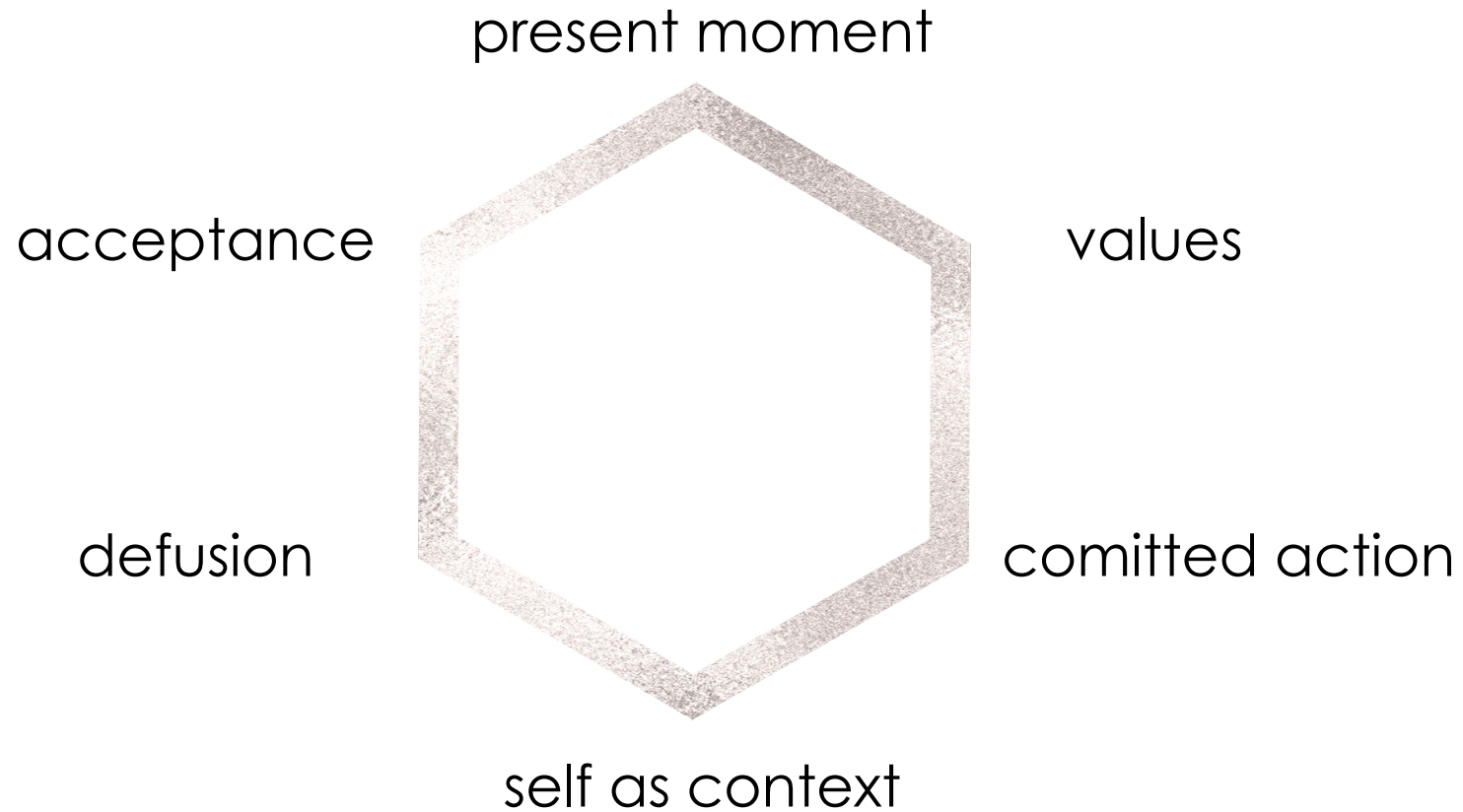
This is what I do to avoid those thoughts, feelings and sensations

This is how I would want to do as the fierce and fabulous me when I experience difficult thoughts, feelings and sensations

This is what I need when I experience difficulties

This is how others can support me

psychological **FLEXIBILITY**



key WORDS

FLEXIBLE RESPONDING

REINFORCEMENT

BRAVERY

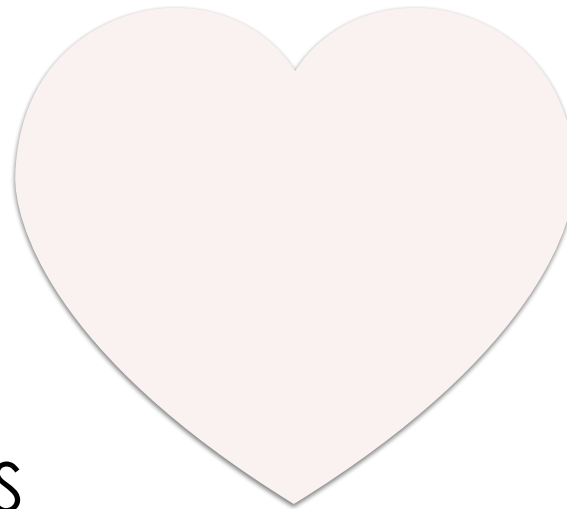
MODELLING

WOMANLINESS

EVOKING

SELF CARE

ASSERTIVENESS



WHAT ARE YOU TELLING YOURSELF?

WOULD YOU SAY THAT TO HER?

Another persons beauty/success/[xxx] is
not the absence of your own

It is not a pie

FEMALE CONNECTION

Ask for, receive and provide support from other females

Amplify other women's voices

ASSERTIVENESS

Standing up for yourself in **flexible**, **workable** and **values-driven** ways

SELF CARE

A behavioural repertoire driven by the intention of caring for you:

- Physical (food, exercise, sex, sleep, massage, breathing...)
- Mental (meditation, mindfulness, reading, journalling, practice gratitude, do something creative, listen to music...)
- Relationships (asking for support, see a friend, setting boundaries...)

SELF CARE ACTION PLAN

These are the self care practices I want to give myself:

These are likely challenges to my self care action plan:

These are the if-then strategies I can use when facing challenges :

This is how I would feel if I implement my self care action plan:

~~—Evaluation: what would I do differently if I could redo this same day:~~

**HERE'S TO STRONG WOMEN.
MAY WE KNOW THEM.
MAY WE RAISE THEM.
MAY WE BE THEM.**

THANK YOU

From the bottom of my heart I thank you for being here.

May you see yourself as the beautiful human that you are.

May you be so blessed and fortunate to be surrounded by people who will help you get untangled by the stories and words that are binding you.

May you always know the joy of giving and receiving gratitude and love.

I hope this course will help you to empower yourself and as many women, and people, as possible.

Thank you Aisling Leonard-Curtin
for the inspiration for this slide
(and in life in general)

www.rikkekjelgaard.com

www.fiercefabulousandfemale.com

Video with females showing powerful statements:

<https://www.youtube.com/watch?v=V9cyRGbbGUw>

Video with practitioners showing vulnerable statements:

<http://bit.ly/OurCommonFate>

The Fierce and Fabulous Facebook Group

<https://www.facebook.com/groups/fiercefabulousandfemale/>