

Female, fierce & fabulous



[a workshop for bad-asses]

WELCOME



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ME - AT WORK



ME - INSIDE



SISTERS ARE DOING IT FOR THEMSELVES



"YOU WILL TAKE SH*T FROM NO ONE"



BEAUTIFUL MINDS INSPIRE OTHERS



YOU = BAD ASS



AGENDA

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

BRAVERY



MY WISH FOR YOU

- 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 MONTREAL STAYS IN MONTREAL
- I. AM. HERE. FOR. YOU.



YOU. ARE. NOT. ALONE.

BUDDYSYSTEM



SHARE WITH YOUR BUDDY

- 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 SUPPORT EACH OTHER?

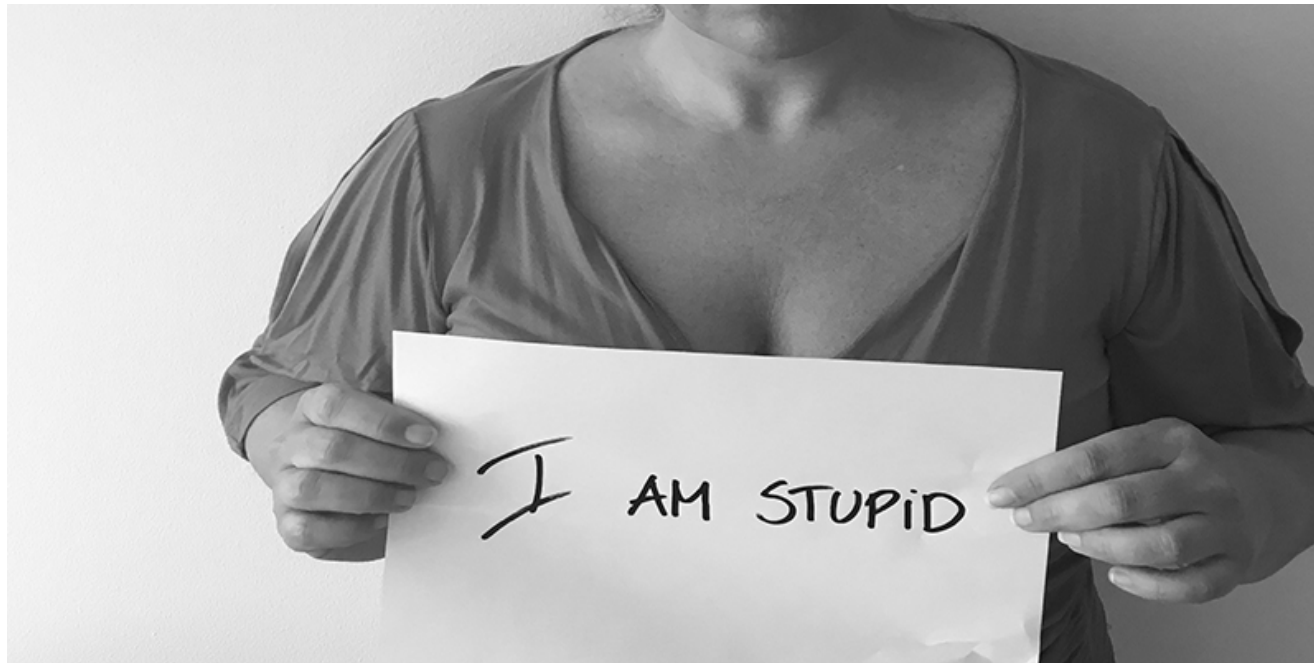


WHAT ARE YOU TELLING YOURSELF?

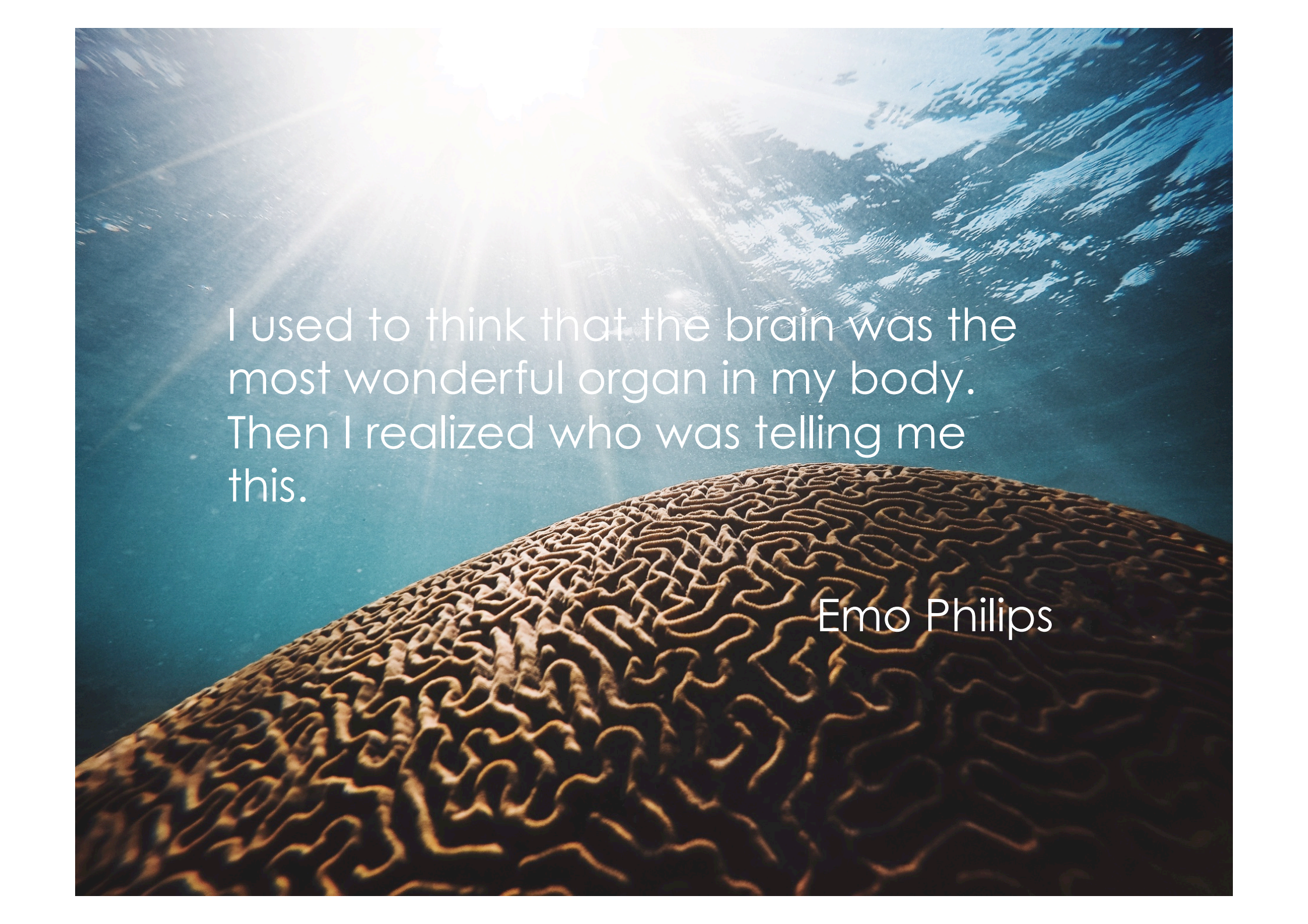




OUR COMMON FATE



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A composite image featuring a human brain in the foreground and an underwater scene with sunlight filtering through the water in the background. The brain is shown in a close-up, low-angle perspective, appearing as a textured, brownish surface with intricate, maze-like patterns. The background is a deep blue underwater environment with bright sunlight streaming down from the top, creating a shimmering, ethereal atmosphere. The text is overlaid on the upper left portion of the image.

I used to think that the brain was the most wonderful organ in my body. Then I realized who was telling me this.

Emo Philips

DON'T BELIEVE EVERYTHING YOU THINK





If only our eyes
saw souls instead
of bodies, how
different our ideals
of beauty would
be.

WOMANLINESS





GENDER BIAS



assertive



bitch



articulate



chatty



stud



slut



leader



nag

FEMALE COMPETITION



BE THE WOMAN WHO
FIXES ANOTHER
WOMAN'S CROWN
WITHOUT TELLING THE
WORLD IT WAS
CROOKED



UNITED WE STAND



REAL QUEENS FIX EACH OTHERS CROWNS



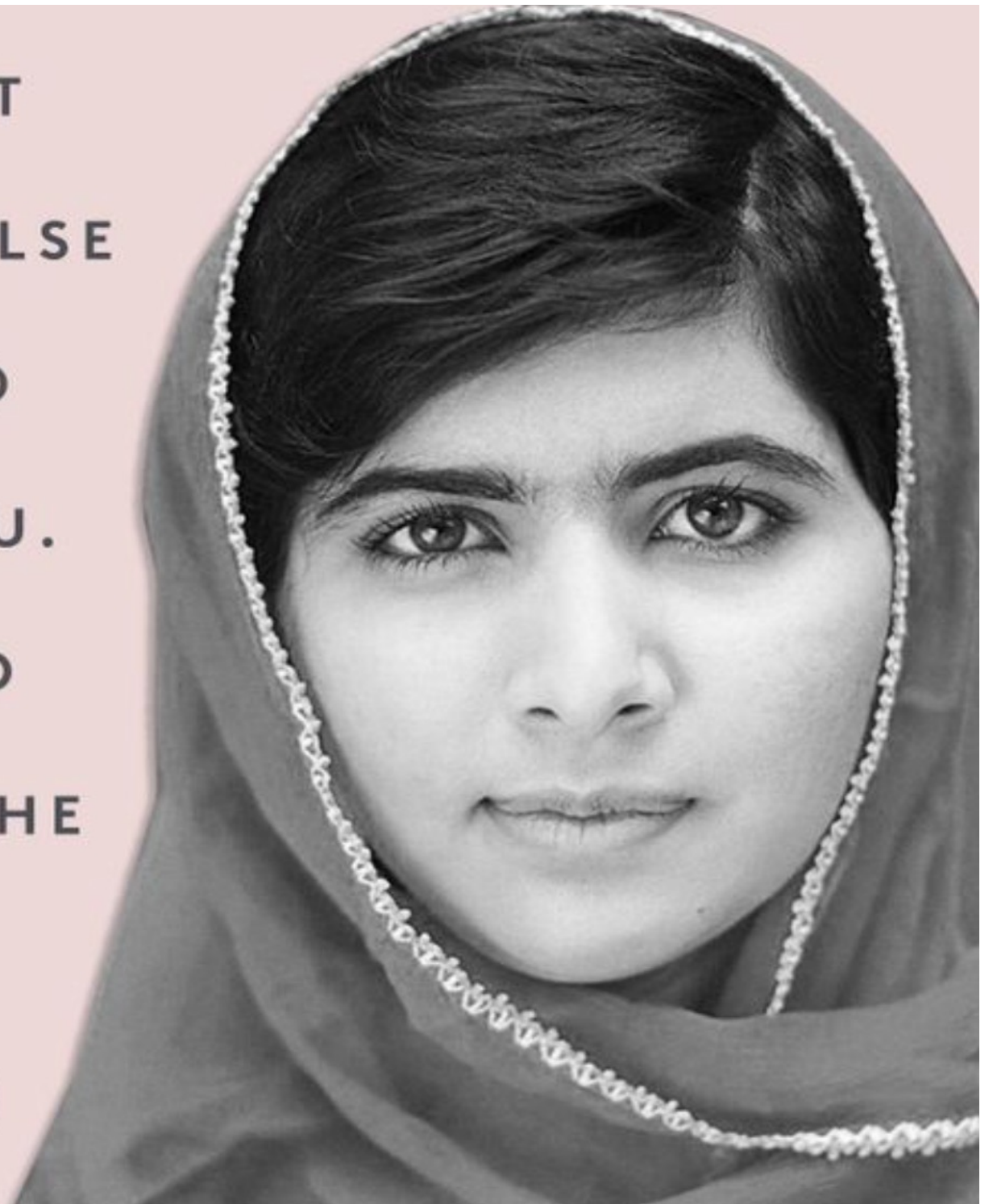


"IF YOU ALWAYS DO WHAT YOU'VE ALWAYS DONE,
YOU WILL ALWAYS GET WHAT YOU'VE ALWAYS GOT".

ELEANOR ROOSEVELT

“DO NOT WAIT
FOR SOMEONE ELSE
TO COME AND
SPEAK FOR YOU.
IT’S YOU WHO
CAN CHANGE THE
WORLD.”

—*Malala Yousafzai*



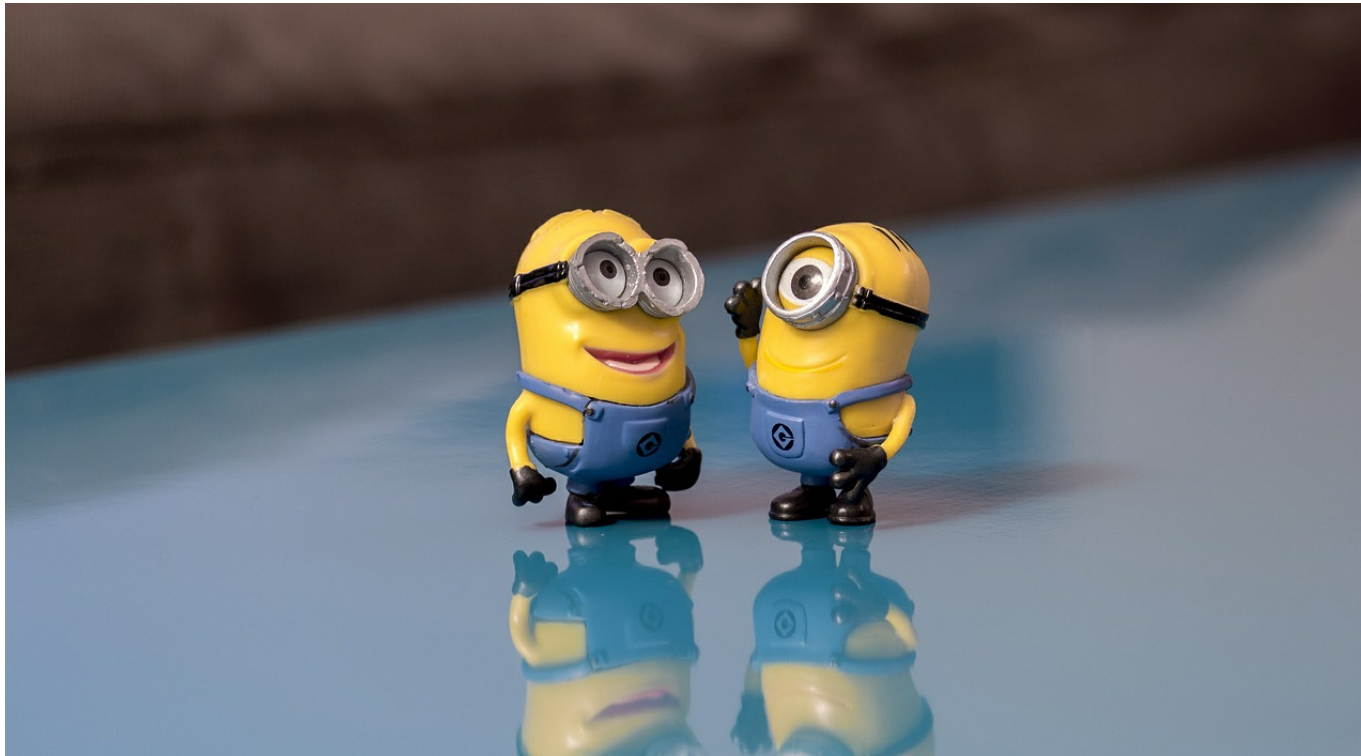
ASSERTIVENESS



"DON'T TALK DOWN TO ME"



I HAVE SOMETHING TO TELL YOU



ALWAYS EXPLAINING YOURSELF



REMEMBER HER?

SHE IS STILL THERE.

INSIDE YOU.

WAITING.

LET'S GO GET HER.



LET'S GO GET HER



UNITED WE STAND



YOU ARE ENOUGH



<https://www.youtube.com/watch?v=kuoBEJ9DkJM>


THIS IS ME



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**Cheers to blossoming into a
bad ass woman with more
faith than fear**





YOU

GO

GIRL

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