

A professional development workshop for women:

# EMPOWER HOUR

Presented exclusively for:

**WOGA**

Women in Oil and Gas Association

April 28<sup>th</sup> to May 1<sup>st</sup>  
3pm to 4pm Mountain

Feel instantly empowered as you learn how to THRIVE through challenging times.

This is a 1/2 Day Workshop, broken up into one-hour per day for 4 days, plus a BONUS day!

Delivered as a live experience, using best practices for virtual engagement.

Discover vital skills such as:

Looking for new and effective ways to conquer challenges?

- » Techniques for **Mindset**, Motivation and Positivity
- » **Mastery** of Key Strengths for Extra Impact
- » Staying in **Motion** - Mentally and Physically
- » Utilizing high gain **Communication** with colleagues, customers and critical partners

Discover insider tips to not only survive, but THRIVE through any that come your way!

Proven to move you from:

- » Tired to Inspired
- » Stuck to Stimulated
- » Chaotic to Confident
- » Frustrated to High-Functioning

What participants are saying:

*"I was able to ask a question I never would've asked in front of a room full of people."*

*"Jamie helped me move my fear aside and finally open up an opportunity I'd been thinking about for a long time!"*

**Organizations:** Act now by [scheduling a call](#) to explore showcasing a private event.

**Individuals:** Space is limited! Secure your spot by registering [here](#). Text "CODE" to (347)92-SHERO for a 40% discount.

Take a breather, make an investment in yourself and enjoy physically distanced engagement in an empowered setting!

Stay ahead of the game by learning best practices for confidence, mental health, and resilience. You will FEEL better, WORK better and BE better.

Presented by:  
**Jamie Dandar McKinney**

Founder of Jamie Empowers, Leadership Coach, and Author of *Speak Up, Sister!* *The Professional Woman's Guide to Confidence and Success*

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