



COMMUNITY OF PRACTICE: BE WELL

PEDAGOGICAL FOCUS: WELL-BEING



Facilitated By:
Sophie Malouin, Yoga Teacher & Mentor

This month, we will get clear on what we want 2023 to be! We will be welcoming the delightful Sophie Malouin who will guide us through her personal intention and goal setting process.

The intention behind our goal is just as important as the goal itself. Sophie will share, from her own experience, how to set goals that actually excite and empower rather than fill you with dread and disappointment. Together, we will claim how we want to feel by setting a powerful intention for the year ahead and then create a plan to make sure that actually happens.

Let's have our most aligned year yet! Join Us!



Strive

WHEN?

Thursday, January 26

6:30 - 8:00PM

WHERE?

Via ZOOM

Access link and password will be emailed prior to event

COST?

FREE



REGISTER NOW!