

# Food for Thought

## Greek Australian Women's Network presents The Authentic Journey...

**This program is conducted over one full day and one evening. It is for women who:**

- ◆ Know there is something more, and are motivated to work towards it
- ◆ Want to know and understand themselves, and bring more of themselves to all they do
- ◆ Want to feel safe in expressing their unique abilities, skills and gifts, with no need to compare - working on the principle of 'personal best'
- ◆ Want to feel valuable, and to have a sense of purpose and meaning and joy
- ◆ Want success - in their definition of the word
- ◆ Are willing to take personal responsibility
- ◆ Are ready to have someone walk alongside them as they move forward.

**What can you expect from the workshop?**

- ◆ Share a great time with other wonderful women
- ◆ Explore who you really are (not the roles you play)
- ◆ Uncover what is really important to you (not your parents, or teachers, or society)
- ◆ Take away key insights, tools and skills to empower you in your life
- ◆ Set some clear goals and develop an action plan
- ◆ HAVE FUN!

### **Special Offer to Food For Thought Network (FFTN) Members**

- ◆ The workshop is offered to our members at a reduced rate
- ◆ **FFTN member special offer: \$99.00**
- ◆ **Limited numbers only [First fifteen members who confirm booking and pay]**
- ◆ This program is being designed especially for FFTN members by Kalli Pulos who is a leader in personal and professional development.
- ◆ **Non FFTN member rate is normally \$295.00**

**Workshop Details: ( prepayment essential, cheque to FFTN, PO Box 823, Templestowe 3106**

Location: Eltham GateWay, 1339 Main Rd Eltham

Proposed Date: Sunday 22 October 2006

Time: 9.00am - 5.00 pm

Facilitator: Kalli Pulos (Personal and Executive Coach)

Cost: \$99.00 It includes morning tea, lunch & afternoon tea

Follow up: Fee includes a group follow up with the facilitator to discuss workshop action plan (TBC)

**For more information on the workshop please email Varvara Ioannou ([info@fftn.org.au](mailto:info@fftn.org.au)), Maria ([editor@fftn.org.au](mailto:editor@fftn.org.au)) or contact Kalli ([kallip@iprimus.com.au](mailto:kallip@iprimus.com.au)).**