



# WOMEN RISING: AWAKENING YOUR POWER, EXPLORING YOUR PATH, EMBODYING **FULL PRESENCE**

## ***Hello!***

I'm so glad you're interested in joining us for a weekend of exploration, self-care, and accessing your power for greater action in the world!

We'll be taking a deeper dive into experiential practices of Attention (mindfulness), 360 Awareness (somatic, full-body awareness), and the Language of Deep Conversations, to further leverage possibilities for shifting conversations and making contributions through accessing our superpowers.

To that end, completing this application will ensure that all the superwomen in attendance have their needs met.

Thanks,  
Chris

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*Let's get the details out of the way first:*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Best Email: \_\_\_\_\_

Best Phone: \_\_\_\_\_

Food Allergies: \_\_\_\_\_

Special Requests:

*Let's go deep with the next 10 questions.*

1. What do you long for most for your future (go **boldly** here!)?

2. If you could do one thing, only one thing, that deeply mattered for the future, what would it be? Why is this important?

3. Name some of the obstacles that have prevented you from moving boldly toward what you're longing for? (The ones you hesitate to name are likely the ones that need your attention most)

4. What current practices (physical, mental, spiritual) help to support you? Are you engaging consistently?

5. Name three conversations that you know you need to have because they will rock your world, yet you're a bit wary to have them?

6. How do you express yourself professionally and how does it serve you? What is your "why" for engaging in this work right now?

7. What workshops, series, classes have you attended in the past 5 years? What did you learn/practice that most impacted you?

8. What's your primary interest in attending this retreat? What do you hope to experience?

9. Is there something you'd like to see added to the retreat, or in follow up afterward, that has not been included?

10. What's your superpower?

(BONUS) What do you currently do for fun?

Thank you for making the time to answer these questions. Your thoughtfulness and energy in doing so are greatly appreciated and will benefit you and the group.

I'm looking forward to this retreat having a transformational and restorative impact for you. Please send completed application to [drchris@q4-consulting.com](mailto:drchris@q4-consulting.com)