

# awaken the powHer



*“There are two important days in a woman’s life:  
the day she was born and the day she finds out why”*  
-Elaine Cannon

## IT’S TIME TO AWAKEN YOUR POWHER!

It’s time to move beyond the old models and stereotypes for women. It’s time to grasp and leverage the creativity, passion and empathy that lives in the hearts and minds of women everywhere. It’s time for powHer.

Do you ever feel like you could do anything? Do you feel like something holds you back? Do you unconsciously sabotage yourself? What if you already had everything you needed but didn't know how to use it? We women are far more powerful and far more resourceful than we give ourselves credit for. But no-one teaches us how to access this "powher". It’s time to discover it.

This seminar is designed to take you on a journey: a journey into yourself. The purpose is to help you discover what you are really made of. The purpose is to reconnect you to the truth of who you are. The purpose is to help you to awaken the powher that has always been within you so that you can bring your creative thinking into our world to make the world a better place.

Consider that the unconscious processes that produce fear, doubt, worry and anxiety actually wreak havoc in all areas of your life. Likewise, there is great power in positive emotions. Understanding these unconscious processes and how to master them is the secret to achieving anything you want whether it’s building a business, saving the world or even just losing a few pounds. Discover where you are holding yourself back and running old patterns that sabotage your success. Learn potent strategies for increasing resilience, accessing your intuition and unleashing your own internal powher.

## HIGHLIGHTS

Learn the science behind intuition and a process for cultivating it.

Reduce the impact of stress on your body and calmly handle any stressful situation.

Cutting-edge research about the power of emotions and how they directly impact your experiences.

Discover the emotional guidance system and learn how to use it to navigate directly to your goal.

How to determine negative emotions in others and what to do.

Learn about amazing heart-centered research being used globally to increase resilience.

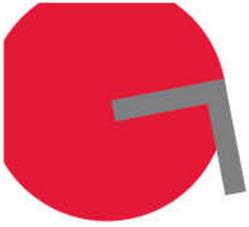
Learn how to love and accept yourself and project a positive self-image with confidence.

Break free from limited thinking and self-sabotage so you can finally achieve your goals.

How to differentiate between the voice of intuition and the voice of fear, doubt and anxiety.

Techniques and tips for self-control so that you remain powerful in your choices for you and others.





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## ABOUT THE GREATNESS GROUP

The Greatness Group engineers individual and team-based programs to boost your performance quickly and permanently. Our process is simple and tangible – we look at whatever problem is holding you back and solve it. In a way that you can measure. We reveal the greatness in all your people – no matter your industry, size-of-business or issue holding you back. We are your partners in peak performance.

The Greatness Group is committed to delivering results in our programs and consulting. All of our programs are experiential in nature and engage all three learning modalities: visual, auditory and kinesthetic. We also employ accelerated learning techniques to maximize the efficiency of the learning process. We specialize in the ability to be able to translate the learnings back to the workplace so they can be applied immediately. Finally, and most importantly, our programs have a very high energy level with stimulating activities, games, simulations and exercises. The programs are fun and engaging. And let's face it; it's much easier to learn when you're having fun!



**ABOUT GINA** – Certified Master Trainer of NLP and Hypnosis. Certified Trainer at the Master Level of Time Line Therapy® and Coaching. Certified HeartMath® Trainer. Ancient Huna Initiate.

**Gina Mollicone-Long** helps people get out of their own way so they can get what they want. She is an international best-selling author, compelling speaker and performance expert with a personal mission to reveal greatness in individuals, teams and organizations. She is the co-founder of The Greatness Group, a multi-national corporate team building and training company. Since 1998, she has trained, coached or spoken to tens of thousands of people globally. Her books, *Think or Sink* and *The Secret of Successful Failing* are widely read and enjoyed by people around the globe. An avid world traveler, Gina's experience with diverse cultural perspectives gives her programs universal relevance that helps her connect with audiences everywhere. Visit [www.GinaMollicone.com](http://www.GinaMollicone.com) for more information.

***“Taking this training with Gina has been one of the most exhilarating times of my life. I can't wait to tell other people about this training. I am 100% confident that I will be able to get what I want in life.”***

-Larissa Robertson, CEO, SCO Recruitment, Sydney, NSW, Australia

***“Everyone has positive and negative emotions, and I am no exception. However, I had no idea how unconsciously holding a negative emotion in connection with a past event could prevent me from being effective in the present. I was able to quickly and easily release my negative emotions and now my life seems so much easier! Thank you, thank you!”***

-Fabiana Bacchini, Founder, Big Tiny Hearts, Toronto, Canada

***“She kept us engaged, laughing and stretching ourselves past what we thought were our limits. Warning, you'll come out with just one regret: wishing why you had learned it all sooner!”***

-Julia Pimsleur, Author & Founder of Million Dollar Women, NY, NY, USA

## THE DETAILS

**Length: 3hr-Full day workshop**

**CALL US TO GET A QUOTE  
FOR YOUR GROUP:**

1-866-994-6832

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