

*Standing Firm
When Your World
Is Shaking* is a ~~fo~~ur five
week program that
helps you turn a
traumatic, “Dark
Night” experience
into a new
beginning...
...AND a
new job.

A Special Program

Hosted by Women’s Resource Center

Presented by AliciaMarie Belchak

Thursdays 5 – 7 pm • March 5 – April 2, 2020

Register: (616) 458-5443 • info@grwrc.org

STANDING FIRM

When Your World Is Shaking

Tools for Traversing Life’s Toughest Terrains

Week One – The Dark Night of the Soul – In the first week, you will learn about the Dark Night of the Soul experience and identify what yours looks like – whether you are in one now or are healing from the past. You will discover how to use your Dark Night as a forward-momentum builder (instead of a blocker). You will take a look at all the ups and downs in life... and find a way to relate that is far more empowering to you.

Week Two – The Hero’s Journey – In this week, you will learn the three major phases of the hero’s (or heroine’s) journey. You will glean where you are currently in your own story cycle and learn how to embrace your own journey of discovery. You will have the opportunity to take another look at one (or more) of your Dark Nights and ask if there are gifts that are yet to be received or lessons yet to be learned.

Week Three – Harvesting The Good – This week you will practice letting go of your ego attitude so you can choose an empowering perspective about the dark time. You will learn to neutralize the emotional charge of your Dark Night by discovering the gifts you can gain from it and how you may actually benefit going forward.

Week Four – An Opportunity for a New Beginning – Learn to turn your Dark Night experience into a brand new beginning this week. You will learn to recognize when life is signaling you to get back on course, and you will start to create a support structure for the changes you would love to implement in your life. You will learn to connect with your inner sanctuary where you are protected from the elements of circumstances and begin to experience more calm, confidence, and creativity to tackle the challenges ahead. Ultimately, you will uncover the true meaning of your Dark Night experience and use it to grow into a higher version of yourself.

New! Week Five – Your Empowered Story for Employment – In the final week, unique to the Women’s Resource Center, you will integrate and implement your insights into your career and employment goals. You will learn how to apply your new more empowered story directly to your job search and interviewing so you can communicate your value in a positive, authentic, and confident way. You will have a firm foundation to launch yourself as an asset for employers to hire and to be aligned with the contribution and fulfillment you desire!