



We Are All Daughters

SATURDAY & SUNDAY, January 24th & 25th
9:30 AM - 5 PM
APTOS, CA

We invite you to join us in a workshop that provides a *deep and practical process* for healing the negative conditioning and habitual relationship dynamics that allow disempowerment and disconnection in our lives.

Who doesn't know that the relationship with her mother has affected her deeply?

What if mothers & daughters could relate as whole beings?

Imagine what else we could change?

We Are All Daughters will give you the tools to:

TRANSFORM your relationship to patterns generated by fear and stress.
CHANGE defensive habits from the inside out.
STAND in your value. **LISTEN AND SPEAK** from the heart.
SET clear boundaries. **CREATE** your own safety.
GIVE & RECEIVE love more completely.
SPEAK your truth without blame or judgment.
DEEPEN your capacity for intimacy.
ACCEPT & FORGIVE yourself and others.

Workshop: \$295. Space is limited, please RSVP by **January 2nd**.
Please contact us with your reservation or questions at 831-662-2360 or
email us at: crystal@wearealldaughters.com
For more information go to www.wearealldaughters.com



CRYSTAL FORTHOMME, M.A., has facilitated the healing and empowerment of women for over thirty years through her Being In Action programs as well as her private practice in movement psychology. As an international consultant with Real Change, she is a leadership coach and facilitator. Crystal has three grown daughters and three grandchildren.

RHIANNON SURRENDA, M.A., is a business consultant, facilitates Being In Action leadership trainings and co-facilitates We Are All Daughters workshops in Canada & the U.S.

Women of every age can benefit from this personal healing process with or without the presence of their mothers or daughters.

It is our intention to consciously co- create a global community of women that will support the healing and empowerment of women and children worldwide.

You can learn how to transform your own mother-daughter relationship either through this workshop or in private coaching sessions with **CRYSTAL** and/or **RHIANNON**.