

Esteem*Strength*Love*Wisdom

Esteemed Woman Workshops are presented by Ellie Fields, MS, LPC and Julie Luzarraga, LCSW, DCSW. We are committed to the growth and evolution of your sense of self, courage, confidence, integrity and personal truth. Our workshops are intended to help you begin or further this process and develop an understanding of where you are now and where you need to go in your journey

Esteemed Woman

The mission of the Esteemed Woman Foundation is to bring the core issues of a woman's self-image to light and empower her to build a healthy sense of self-worth, recognizing that she is in control of her own destiny.

The goal is to encourage women of all ages to explore and build their self-image through interactive workshops, design and publication of written materials, and production of media programs and events which raise awareness of these important issues.

The Esteemed Woman Foundation was created by Suzie Galler, director and producer of the Esteemed Woman™ series of films, "I Am Beautiful," "I Am My Mother's Daughter," and "You Go, Girl!"

For More Information:
[www. Esteemedwoman.com](http://www.Esteemedwoman.com)

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What Every Woman Deserves



Extreme Esteem Workshops

Julie Luzarraga, LICSW, DCSW

&

Ellie Fields, MS, LPC

In gratitude to

The Esteemed Woman Foundation

Extreme Esteem Workshop for Women

This intensive workshop for women 18 and

older is developed to get women thinking about what they really want out of life and to help them discover their inner resources and strengths.



The workshop includes the very inspiring documentary *I Am Beautiful* by director and founder of the Esteemed Woman Foundation Suzie Galler.

The workshop involves discussion, self-reflection, action-oriented exercises, journaling and support. Participation is based on your personal preference.

This workshop is ideal for any woman wanting to give something back to herself, develop awareness or strengthen self-esteem.



Mother-Daughter Workshop

This workshop is for mothers and daughters ages 13 and older.

Women may participate with their mother or daughter, on their

own, or with a friend or mentor. The workshop allows women to explore the complex relationship between generations. It features Suzie Galler's beautiful documentary *I Am My Mother's Daughter*. As in our other workshops there are opportunities for self-reflection and action-oriented exercises as well as support and processing.

Special Engagements

Both workshops can be tailored to different communities, groups and/or organizations. The Extreme Esteem workshop can be done for girls or teenagers. We can tailor the needs to your group! Please let us know if you would like to schedule a special engagement.

Contact Information

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Registration

Sign up for:

Extreme Esteem Workshop

August 21, 2010 9AM-1PM

Extreme Esteem Workshop

Name

Name

Phone

Address

Email

Fee is \$60 per person or \$100 per two people

Check

Visa

MasterCard

Credit Card #

Signature

Exp. date

Please fax to Julie Luzarraga at 402-502-1555

Or mail to 8021 Chicago Street Omaha, NE 68114

For questions please call Julie at 502-1024, ext. 290 or Ellie at 505-7587