

Proverbial Peace Revived!
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WOMAN2WOMAN
Keeping It Real



A PROGRAM OF:

PROVERBIAL PEACE REVIVED MINISTRIES! (501C3)

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What is W2W: KIR:

Woman is the cornerstone for the strength of the family. Unfortunately, women in today's high stressed, fast paced, self oriented society constantly face serious issues that affect their ability to be happy in their daily existence. As a collective, many women tend to internalize the negative things that happen to them, such that they are held hostage to their past and bring negativity into relationships and households.

Holding onto the negative emotions of past hurts and disappointments has undermined woman's ability focus on positive outcomes in life and to truly be trusting or content within herself or in relationships. When women are distracted and hopeless, the entire fabric of what families hold dear is undermined and the foundation of family and personal relationships are shaken. Proverbial Peace Revived has created a powerful women's empowerment series to help participants reclaim self worth and personal strength to live empowered lives.

When hurts, traumas, trials and chaos of the past dim the hope for the future, *Woman2Woman: Keeping It Real* helps women face, forgive, release, reclaim, and live. For the woman who is ready to let go of the strongholds of the past to claim the glory of destiny, "*Woman2Woman: Keeping It Real*" (W2W) provides the tools to help shake the shackles of mediocrity and limitations to move into self-fulfillment and purpose driven living. The program encompasses open forum discussion, self assessment exercises, and home assignments to build intrinsic value, self worth, and emotional strength.

What Women Get From W2W:

- Learn strategies to face traumas of the past that keep women bound in negativity.
- Discuss issues women face that are often ignored in spiritual circles
- Learn strategies to forgive the hurt and anger that hinder forward movement.
- Discover the pitfalls that hinder our ability to dream, hope, and achieve.
- Learn to take back control of life when the traumas and disappointments have resulted in feelings of being overwhelmed, beaten and defeated.
- Learn to release emotional negativity to embrace wholeness to live empowered lives.
- Learn how to decipher your spiritual gifts and God ordained talents.

Topics of Discussion

- Look in the Mirror: Face the Ghost!
- Releasing Your Trash: The Forgiveness Factor!
- Understand the Judas Factor
- Finding Balance in Work, Church and Family
- Get through Your Pruning Season
- Bridging the Gap: Understand the Male Psyche
- Reclaim Your Godly Heritage!!
- Living Your Purpose God's Way

The Curriculum:

This dynamic training series is designed to promote open, frank discussions to help participants discover their full potential to live fulfilling, successful lives. Below are topic summaries.

Look in the Mirror: Face the Ghost!

Letting go of your past, whether it's quitting an addictive relationship, grieving a death, overcoming divorce or letting go of your traumatic childhood, is one of the hardest things the human spirit can ever do. However, if joy, hope and happiness is to ever be a reality in your life, letting go is mandatory. Before you can let go, one must first face the reality of factors from the past that limits purpose and destiny. In this session, participants learn to face past issues and prepare for the mental and emotional work of reclaiming a productive, fulfilling life.

Personality Profile: Identify your personality style and how others perceive you.

What Tool RU?: Help participants assess how they handle intrinsic triggers.

Releasing Your Trash: The Forgiveness Factor

According to the results of the Human Development Study Group at the University of Madison in Wisconsin, forgiveness leads to improved physical and mental health as well as better relationships. Forgiveness is a mandate in order to enjoy peace of mind and be capable of enjoying life. This session will focus on the four stages leading to positioning yourself to forgive: self-discovery to uncover anger, preparing the mind to forgive, understanding the dynamics of forgiveness, and discovery and release. Without forgiveness, happiness, peace and destiny cannot happen.

Your Assertiveness Profile: Determine if you are assertive enough to boldly take on the challenge of changing your life and how you can assure you get there.

Understand the Judas Factor

The name Judas will be forever associated with the one who stabbed Jesus in the back, a name never to be trusted. However, we often fail to understand that there was no option for Jesus not to be executed because without his crucifixion, he could not rise again in three days and thus save humanity. Without a Judas, Jesus ultimate destiny on earth would not have been fulfilled. This session helps you understand the role of the Judases in your life and provides strategies to deal with them for growth and enhance emotional well being.

Finding Balance in Work, Church and Family

This session is a must for the woman who has a tendency to seek to be all to everyone. It is intended to help attendees understand that balancing work and family in today's fast paced race is a task that can be managed. Topics include stress and time management, prioritizing an over-crowded schedule, setting limitations on yourself and others, understanding personal need, creating a "family help network", allocating quality family time, saying "no" without guilt, and negotiating win-win results at home and at work.

Your Stress-O-Meter: Test to determine how you handle stress to identify needed stress release strategies.

Get through Your Pruning Season

In harvesting a grape vineyard, a wine master's role is to assure that every grape harvest produces the most effective and plentiful harvest possible. To make that happen, the wine master must carefully position each vine and cut that which takes away from the growth. Such is our preparation for destiny, purpose and fullness of life. Happiness and success in life does not just happen - it requires a process that is sometimes painful to get through. This session provides strategic steps toward navigating difficult times of transition with wisdom and in peace. We will discuss the different types of tests women generally endure, how best to cope with them successfully, and the significance they have in our lives and on our destiny.

Conflict Resolution Assessment: Learn how you resolve conflict. Are you your own worst enemy in conflict situations?

Bridging the Gap: Understand the Male Psyche

Strong male – female relationships have been ordained since the creation of man. However, the differences that were meant to strengthen relationships have become the factors that separate and a source of frustration, irritation, and discontent in relationship building. This session will focus on a discussion of the fundamental differences between the genders, the physical and psychological aspects of our makeup that drive actions, and how to bridge the gap to reach mutual understanding.

Communication Style Profile: Identify how you communicate and what you need to do to communicate and listen better on all levels.

Reclaim Your Heritage of Success!!

According to Ephesians, we are created and born for purposed destiny. Life circumstances often serve to make us forget that awesome promise. This session will focus on understanding who we are and realizing the power of our thought-life. When we can fully embrace our intrinsic power, we position ourselves to create the life we want to live. In this session, we discuss the power of thoughts, manifesting goals, reclaiming personal power, assessing your EQ (emotional quotient) for success, overcoming setbacks, and embrace a new mental framework.

Your Joy Factor Analysis: Assess the things in life that bring you joy to begin to identify what makes you happy.

Living Your Purpose God's Way

Accepting that you have purpose is a daunting, and often, frightening task. Embracing the concept that you were meant to live greater than you have existed is a responsibility that most people seldom think about. This session is focused on helping position participants to mentally accept they are more powerful intrinsically than life has proved them to be. In this session, we discuss the 6 laws of destiny living and how to apply those principles to facilitate change.

Your Gift Assessment: As outlined in the Word, what traits do you possess to help identify where your purpose lie.