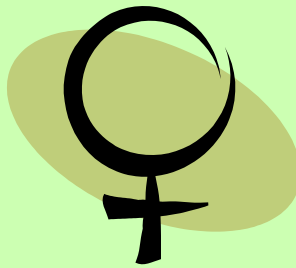


Women Embracing Wholeness Level Two

For Women that have previously attended Level One ,
formally known as, "Speak Up and Out" Woman's Program

This Level II program is for you !



"Who looks outside, dreams. Who looks inside, awakens." - Carl Jung

Armstrongs' Counselling Services

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Email: donna.a@telus.net
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Armstrongs.Counselling.com



Donna Armstrong, B. Ed.,

Founder of WEW I & II Programs

Integrating Methods from:
Psychology of the Selves & Aware Ego Process
Voice Dialogue Methods & Body Dialogue Techniques
Energy Psychology Practices
Advanced Integrative Therapy Trauma Protocols



Women Embracing Wholeness - Level Two

The *Women Embracing Wholeness - Level Two* Program is an innovative and unique Women's program which allows each Woman the extended opportunity to continue from Level One to: contact, open, explore, and retrieve internal wisdom; thereby allowing herself the opportunity to energize her own wholeness. In the Level Two Program of *Women Embracing Wholeness*, each woman will increase her awareness and through the dynamic group experiences and facilitation each Woman will have the opportunity to expand on their individual awareness of their internal and external dynamics. With support, each Woman will experience and continue to develop her individual process of creating her own unique set of skills allowing her greater choice in how she operates her life as a *Woman Embracing Wholeness*.

8 Weekly Dates

Program's Agenda for each: Wednesday Evening's, 6:30 pm - 9:00 pm

1. April 07, 2010 Review the Topics from Level One Woman's Program, formerly known as: *Speak up and Speak Out!*
2. April 14, 2010 Investigate gifts; discover the balance between the Instinctual and Physical Data
3. April 21, 2010 Explore and experience the balance between the Intellect and Emotional Levels
4. April 28, 2010 Experience the wisdom of integrating the data and energy from the "Matriarchy".
5. May 05, 2010 Choose consciously to balance the gifts from the opposite "Inner Patriarchy".
6. May 12, 2010 Discover the balance between internal and external energetic forces in your relationships
7. May 19, 2010 Practice with managing the Opposite/Shadow parts that oppose your intended objective
8. May 26, 2010 Self-evaluate using your internal co-creative process of embracing your unique wholeness.

Testimonials: *participants of the Women Embracing Wholeness - Level I, known as "The Speak Up and Speak Out!" program for Women*

This course has encouraged me to stand up for myself and be true to who I am, and what I want to become. As a facilitator, Donna is knowledgeable, empowering and creative. She has created a safe and gentle program.

- J.B. (2006)

I would recommend this course to any woman, because it is not a course of learning what is wrong with you as an individual, but is a course in understanding what we are made up of and how to encourage the growth inside.

- Anonymous (2007)

I gained big insights into what parts there are in me and how important they are and how they work. Attending this program makes me want to search for more. Donna, as a facilitator, is very good, clear and concise.

- Anonymous (2008)

Attending this program helped me to see myself in different ways to put myself first and to change the way I think. I loved the meditations, poems, reflections and mirror work. Donna was very positive, supportive, caring, soft spoken and took the time to make each one of us feel important.

- C.M. (2009)

Donna Armstrong, B. Ed. *Founder of "Women Embracing Wholeness", Level One & Two Programs*

Since 2005, Donna has provided the Level I Women's program twice a year. Donna has integrated many psychological and energetic methodologies, such as: Voice Dialogue, the Aware Ego Process, Energy Psychology, Advanced Integrative Therapy, Body Dialogue and Re-Creation of the Self. The *Women Embracing Wholeness, Level I & Level II*, program provides an opportunity for each woman to access and experience their own innovative and individual journey towards enhancing their own internal feminine wisdom and wholeness.

For more information:

View website at: VoiceDialogueEdmonton.com or Armstrongs.Counselling.com

Email: donna.a@telus.net

Telephone: (780) 444 . 4399 (All information is strictly confidential)

Registration Form, send registration form, with cheque; payable to: Donna Armstrong; for \$ 300.; addressed to: Armstrongs' Counselling Services, 10027 - 166 Street, Edmonton, AB T5P 4Y1, receipts will be issued first night of program

First Name

Last Name

Apt. #, Street Address or Post Office Box Number

City or Town, with Postal Code

Home Phone

Cell Phone

E-Mail Address