



KICKOFF - Living Full Circle in 2022

Change doesn't happen overnight. It takes small consistent steps to achieve huge things! Where you spend your time and energy counts!

Are you someone who is:

- determined to **put yourself first** this year?
- keen to take action and have **ambitious desire for personal and professional growth**?
- looking to **connect with others** who want to grow and flourish?
- ready to **invest in yourself**?
- interested in with **greater balance and intention** for 2022?

Join me for the next month for my new course **KICKOFF - Living Full Circle in 2022** where you will get access to content and resources to fit your schedule, with weekly live (recorded) sessions via zoom! We will connect from Jan 2 – 28 each Sunday at 11am-noon AST.

Resolutions often don't work. They don't come with a specific plan of action to change our daily routine and our actions. They don't have a way of keeping you accountable with the support you need. It's great to have big goals for the year, and even greater when you ensure success by having steps in place to follow it through!

Upcoming **KICKOFF** course will offer you:

- **safe space** to reconnect as a group at the end of every week
- **accountability** support to keep you on track
- guided **reflection**
- **weekly check-in** to see what is working and what is not
- **dedicated time** to develop a **plan of action** for the week ahead
- **community** of support

If this sounds like something you want to belong to, [REGISTER NOW!](#)

Investment: \$197

Dates: Jan 2-28, 2022

Live Zoom Sessions are each Sunday 11AM – Noon AST

Meet the Facilitator

Jenene Wooldridge, BA, CAPA, ICD.D (she/her)
Executive Director, Mi'kmaw author and advocate Jenene Wooldridge is passionate about promoting better understanding of Indigenous people and fostering a true spirit of inclusion and reconciliation. Jenene comes from a long line of hereditary and elected Chiefs.

Her book "Living Full Circle", a 52-week undated planner inspired by Medicine Wheel teachings, is centered on living life with intention and balance. She was named one of the top 25 most powerful women in business by Atlantic Business Magazine in 2021 and recently obtained ICD.D designation.

Jenene resides in Kuntal Kwesawe'kl (Rocky Point), with her husband and two children in Epekwitk (Prince Edward Island).