WOMEN'S SELF-CARE SUMMIT CULTIVATE

mental health

March 15 June 14 October 18

UNLOCK THE POWER OF SELF-CARE IN 2024!



total well-being

Individuals who engage in self-care activities experience a 50% reduction in stress levels compared to those who don't prioritize self-care. This highlights the positive impact that self-care can have on mental well-being and overall productivity (APA).



personal growth

Discover a path to holistic well-being through empowering connections, reflections, and guided meditations. Immerse vourself in our curated personal growth and discovery content to cultivate resilience and combat burnout. Experience the transformative power of self-care on your journey to a healthier, happier you.

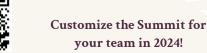


restore, recharge, replenish

Indulge in rejuvenating home-spa treatments, embrace peaceful outdoor activities, and benefit from expert wellness guidance during your home retreat, allowing you to restore, recharge, and replenish your mind and body.

To bring this self-care event to your team, let's talk!







GET INSPIRED BY THEIR SUCCESS STORIES...

Debbie R.

"Before attending my fourth self-care retreat, I felt stressed, burnt out, and overwhelmed by work. After attending Ginny's self-care retreat, I feel calm, safe, heard, and I am not alone. I feel filled with love, peace, joy, and gratitude for Dr. Ginny and the wonderful Goddesses at the retreat. I learned so much from you all!" September '22

Victoria D.

"Before attending the self-care retreat, I felt overwhelmed by life and didn't know where to start with my goals. I had a lot of doubts and joined the Retreat to build my self-esteem and learn from others in similar situations and mindsets. After attending Ginny's self-care retreat, I felt amazing and inspired. I gained the focus and clarity to set goals to achieve abundance in all areas of my life. I look forward to all this year holds for me and working with this amazing group to expand my worth and have the support I was missing." January '22

Kristy S.

"Before attending the self-care retreat, I felt agitated and pulled in many directions. After attending Ginny's self-care retreat, I felt calm, centered, supported, and hopeful. I feel stronger in my purpose and ability to bring it to life." October '21



Improve your team's performance, brain health, and well-being when you bring the Summit to your company. Let's talk and create an exclusive event in 2024.

