

# 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 yourself 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!**



TAKE PIC OF QR CODE  
TO CONNECT



Customize the Summit for  
your team in 2024!

[info@executivebound.com](mailto:info@executivebound.com)  
[www.WomenSelfCareSummit.com](http://www.WomenSelfCareSummit.com)

# WOMEN'S

SELF-CARE SUMMIT

## OUR MEMBERS

*rave about it!*

### 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.**

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