

## Aspire will be presenting the following workshops in March!

### Discovery Workshop

Groups will not exceed 10 people. Discover what motivates you and drives you to action through team building activities, journaling, group interaction, games, personality tests and more. This workshop will run for six weeks and is geared towards individuals who are seeking growth, confidence, accountability and tools for staying committed to their goals.

Individuals must commit to full six weeks.

Begins March 10th, Saturdays at 8am to 10am.

### Teen Discovery Workshop

This workshop will have the same components as the adult workshop. This workshop would be extremely useful for a teen that needs to build self-esteem, find their strengths and who needs direction and goal setting techniques. Teens will make vision boards, do journaling and other creative activities to help facilitate growth and skills for success. Begins March 12th, Mondays 3pm to 5pm.



---

Workshops are \$90.00 for six weeks. (\$15.00 a session).

Those seeking additional private sessions can do so for a discounted fee during the course of the six weeks.

Daily accountability check-in such as texts or emails for an additional fee.

Contact Colleen Bannister to save your spot. (775) 790-9679,  
or email at [cobanni@msn.com](mailto:cobanni@msn.com).