

women's
WORK - LIFE
symposium

PRESENTED BY
Emerald Coast
Hospice
An Affiliate of Kindred at Home

Breakout Workshop Choices

Choose 2

KIM FOSTER



TOLLINY RANKINS



CHRISTINA KORP



BRITTANY SJOGREN



MY PAINT PARTY



ALLISON SMITH



KIM FOSTER: Losing Your Grip: Three Critical Questions You Must Ask to Gain Clarity & Regain Your Confidence. *This breakout is full and no longer available.

TOLLINY RANKINS: Learn everyday tools that will help you create a more fulfilling lifestyle. By simply applying practical information along with a positive attitude, new life can be uncovered. Learn how to take the time to discover the silver linings in your everyday life. *This breakout is full and no longer available.

CHRISTINA KORP: Learn how to navigate a male-dominated culture and realize your full potential as a female leader.

BRITTANY SJOGREN: The Business of Blogging: this fashion and lifestyle blogger will inspire you to try new things in all aspects of your life, in a way that will make you feel beautiful. *This breakout is full and no longer available.

MY PAINT PARTY: Get in touch with your creative side and join My Paint Party for a fun session creating a shimmer glass canvas. *This breakout is full and no longer available.

ALLISON SMITH: Learn the different ways to use essential oils, the benefits of using them, and the importance of living more chemically free.

Speaker bios and additional info can be found at pcbeach.org/women and on our Facebook event page!