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**We are holding a 6-week workshop to help young women discover themselves by focussing on: self-care, self-esteem, wellness, team building activities, managing their social media, vision boards, guest speakers & MORE**

**Project run time: Tuesday 3rd November 2020- Thursday 10th December 2020**

 **4:30-7:30pm, Young women aged: 16-24years**

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| **Week 1** Tuesday **3.11.** | **Week 2**Tuesday **10.11** | **Week 3**Tuesday **17.11** | **Week 4** Tuesday **24.11** | **Week 5**Tuesday **1.12** | **Week 6**Tuesday 8.12 |
|  Introductions &Team-building25minsBreak – 10minsMood boards Culture check 25minsBreak - 10minsYoga & Meditation (1hr) | Hair & Beauty (1hr)Break - 10minsMood boards (20 min)Break – 10minsYoga - 30mins | Empowerment/ workshop- With Renee (30 mins)Break – 10minsMood boards (20mins)Break (10min)Yoga & Meditation (50mins) | Hair & Beauty (1hr)Break - 10minsMood boards (20 min)Break – 10minsYoga - 30mins | Empowerment/ Workshop- Meera 20mins Break- 10 minsWorkshop (30mins)Break -10minsYoga & Meditation (50 mins) | Guest – Aromatherapy(30mins)Break -10mins Workshop – 20minsBreak – 10minsYoga & Meditation |
| **Thursday** **5.11** | **Thursday****12.11** | **Thursday****19.11** | **Thursday****26.11** | **Thursday****3.11** | **Thursday****10.11** |
| Guest speaker(30 mins)Break- 10minsQ&As – 20minsMood /nutrition (20mins) Break –10mins Meditation freq. | Workshop with Renee (1hr inc 10 min break)Break –10 minsZumba - 40mins | Sexual health workshop (1hr inc. 10 min break)Nutrition 20minsBreak –10 minsYoga - 20mins | Workshop with Renee (1hr inc 10 min break)Break – 10minsDance aerobics-30mins | Guest speaker & workshop 1hr inc 10min breakNutrition 20minsBreak –10 minsYoga - 20mins | Celebration Special guest appearance |