



Inspire Women

Empowering Women Through involvement

INSPIRE WOMEN OLDHAM-INSPIRED MAGIC



WANT TO JOIN A GROWING COMMUNITY OF WOMEN WHO DECIDED TO CHANGE THEIR LIVES BY HELPING EACH OTHER?



“With all this time to think and wonder why not do something truly wonderful for you - time is a gift if we choose to use it to bring new opportunities & connections into our lives”



NEW PROGRAMMES START MAY 20!

Personal Development Programmes- Creative Member Hour led Activities - Vibrant Uplifting Women Only Group - all brought to your home through our private web based space with help to get you on line

NEW PROGRAMME LAUNCH AND OFFER FROM 04 MAY 2020

WHAT WE HAVE TO OFFER:

Like many Women's Organisation we had to close the doors to our centre several weeks ago, however during this time we have worked incredibly hard to create an on line community for Oldham women we support, and for women who might like to join us.

We have a wonderful closed group on Facebook; "Inspired Magic" who have been sharing ideas; meeting through Zoom to share skills and to help each other feel better during social distancing. We even had a Disco a few weeks ago and have been on a virtual trip to Gemma's allotment where she showed many of us how to grow things easily. That's the importance of Inspire we are a bunch of women who want to help other women feel better about themselves and their lives.

HOW AND WHEN THIS WILL BE DELIVERED:

We are now at a stage where we can offer women a place on a programme we are delivering in May that focuses on wellbeing; confidence and reducing the feeling of being isolated. The sessions are being delivered on line - don't worry we can help get that set up for you! In the last 3 weeks we have supported almost 60 women! The sessions are being delivered by Lesley & MaryAnne, women who first came to Inspire looking to improve their lives. Both have created and delivered sessions in the centre and have wonderful uplifting and inspiring sessions planned for you. **All we ask is that if you sign up for this programme you complete all of the 10 sessions- this ensures you gain the maximum benefit.**

DATES AND TIMES:

We will have two groups running ; a **mid-morning group** and an **evening group**; the programme is made up of 10/ 90 minute on-line sessions consisting of Embrace Your Creative Mind and Choosing Confidence. One of the key outcomes from this Programme is helping to create a self-help book that we will have printed to send out to other Oldham Women; it will also be available in PDF format to e mail out. The table below shows the dates and times for each group.

Group 1- evening sessions

Date	Session	Time
5th May 20	Embrace Your Creative Mind 1	7.30pm-9.00pm
6th May 20	Embrace Your Creative Mind 2	7.30pm-9.00pm
7th May 20	Embrace Your Creative Mind 3	7.30pm-9.00pm
12th May 20	Embrace Your Creative Mind 4	7.30pm-9.00pm
13th May 20	Embrace Your Creative Mind 5	7.30pm-9.00pm
19th May 20	Choosing Confidence 1	7.30pm-9.00pm
20th May 20	Choosing Confidence 2	7.30pm-9.00pm
21st May 20	Choosing Confidence 3	7.30pm-9.00pm

Date	Session	Time
26th May 20	Choosing Confidence 4	7.30pm-9.00pm
27th May 20	Choosing Confidence 5	7.30pm-9.00pm
04th June 20	On Line Celebration Event-Book Launch	7.30pm-9.00pm

Group 2- mid-morning sessions

Date	Session	Time
5th May 20	Choosing Confidence 1	11.30am-1.00pm
6th May 20	Choosing Confidence 2	11.30am-1.00pm
7th May 20	Choosing Confidence 3	11.30am-1.00pm
12th May 20	Choosing Confidence 4	11.30am-1.00pm
13th May 20	Choosing Confidence 5	11.30am-1.00pm
19th May 20	Embrace Your Creative Mind 1	11.30am-1.00pm
20th May 20	Embrace Your Creative Mind 2	11.30am-1.00pm
21st May 20	Embrace Your Creative Mind 3	11.30am-1.00pm
26th May 20	Embrace Your Creative Mind 4	11.30am-1.00pm
27th May 20	Embrace Your Creative Mind 5	11.30am-1.00pm
04th June 20	On Line Celebration Event-Book Launch	7.30pm-9.00pm

AN OVERVIEW OF THE SESSIONS:

EMBRACE YOUR CREATIVE MIND:

Whether you're looking to develop your writing skills or seeking inspiration our creative writing course has much to offer you! By re-enforcing the positives about yourself, how you think about yourself- your- self chatter will change, along with an increase in your confidence and self- esteem.

Join lesley and learn some fabulous tools on how to be creative with your vocabulary. Let us stimulate your ideas and inspiration to create a beautiful shared book from the work we produce together. Don't worry about spelling or writing skills that's not what this course is about!

Session 1:

#Problem-You are stuck using the same words and language

Explore your creativity and learn how to express yourself using positive language.

You will be able to increase your vocabulary and creativity creating positive change in your life.

Session 2:

#Problem-You are struggling to express yourself and to be able to put your ideas into words.

By working as a team you will be surrounded by a tribe of women who will be happy to help you feel more confident in choosing your words

Collaboratively you will write a story, and a poem. You will learn from each other and be able to express yourself creatively.

Session 3:

#Problem- you can always see the good in others but struggle to be kind to yourself

By sharing positive words about each other you will become more comfortable receiving positive compliments about yourself.

By writing a letter to your younger self and being able to express yourself positively you will start to see yourself as others see you.

Session 4:

#Problem- You struggle to use your imagination to create a story

This session will help you to look at different situations from another's view point and develop your imagination.

You will be able use your imagination to create a story from a different point of view this will help you to look at things differently in your own life. Through a more positive lens!

Session 5:

#Problem- you lack confidence to put your ideas onto paper

By sharing your stories with the group you will improve your confidence to write and speak out loud

Fully use the skills which you have learned to write your own story about your journey .

Choosing Confidence

You may currently be struggling at home, feeling isolated and maybe disconnected from your life. Choosing Confidence is a programme that will help you to learn how to make positive choices that will ultimately lead to increased confidence and happiness.

Join MaryAnne as she brings women together in a space of friendship, gratitude and kindness to learn and share some wonderful tools to help you lovingly change the way you think about things.

Session 1: Choices

#Problem-You are stuck at home in the present times of uncertainty and the tendency to think about negative things grows.

Being conscious in our choices help us feel more in control of our minds.

We will be discussing choices and exploring how we can bring new habits into our lives that will lead to a stress-free life.

Session 2: Self Awareness

#Problem- your mind wanders and you find it difficult to stop the negative chatter .

learning how to catch yourself in the moment before negative chatter takes over.

You will learn how to pay more attention to yourself and how to catch the negative thoughts before they build into something too big and lead to anxiety.

Session 3: Gratitude

#Problem- I am at stuck at home, I can't go anywhere, everything has changed.

Being grateful for whatever we have or wherever we are helps us see that it's not as bad as we

thought.

You will learn how to use gratitude to amplify the positives in your life; learning how to reduce negative thinking , realising there is so much to be thankful for.

Session 4: Affirmations

#Problem- I am no good! I am useless! All I can say about myself is negative! I can't see myself achieving anything.

Changing our language can effect positive change in our life, affirming positive thoughts everyday impacts our confidence- helps it grow and leads to a happier life.

You will be learning how to use Positive Affirmations to change your perspective and to turn around negative beliefs.

Module 5: Choosing Happiness/ Confidence

#Problem- It is easier to sit and think or watch the news and only see the bad and the ugly. You know it's not good for you, but you watch anyway. And it makes you sadder and anxious.

Take charge of your life and choose to be happy

Learn how to apply all we have learnt and how to use them positively and how to make decisions in every moment of the day that could affect your happiness and wellbeing. Help to create a Happiness Message that we can share with others.

What is included in each of the sessions:

- Training Presentation- Audio/Video available on Google Classrooms
- PDF Downloads Worksheets; Templates; How To's; Resource Guides; Q and A - available on Google Classrooms
- 90 minute teaching session, conducted over Zoom and Facebook live recorded for you to refer back to as a training and opportunity for 1-1 discussion if needed.

Extras and Bonuses:

Access to our dedicated Facebook Group Inspired Magic - Where you can share ideas; ask questions and feel supported on your learning journey.

Creative ideas emails direct to you from me. - **Soon available-Unlimited access** to our member site!

A message from MaryAnne and Lesley:

"Hi ladies me name is Lesley and I would like to say how much I am looking forward to working with you all. I have been with Inspire for five years now and I have a love of poetry and stories. I believe we all have a story to tell, so let me help you to share yours"

"Hi ladies, join me in making smart choices and choosing to be happy and confident in these uncertain times; we are sure to have some fun in the process; I look forward to meeting you" MaryAnne

MEMBERS HOUR:

On top of this Programme we also have one hour sessions being delivered by Inspire Members every Monday and Friday at 10am; 2pm and 8pm. These sessions offer an opportunity for our members to share skills and ideas; help keep women connected and reduce the feeling of being isolated. Sessions are delivered using Zoom as well as being available through our closed Facebook Group so we are completely private and women only. We have everything from Zumba to baking and jewellery making plus lots more! So if you don't want to join Facebook you can still access sessions we will just e mail you information and are very happy to help you get use to using Zoom.

OTHER PROGRAMMES

We are currently in the process of creating more on-line engagement opportunities and will circulate information once finalised. We are also creating a member space on our website that will be available in the next couple of weeks that will create another opportunity for women to share their skills/ideas and most importantly connect.

WANT TO HEAR WHAT OTHER WOMEN SAY ABOUT THEIR EXPERIENCE?

You can watch a short You Tube video here <https://youtu.be/eK9rdm7ZURM> where Catherine talks about joining Inspire a few months ago and some of our best bits!

READY TO JOIN US?

Process is really simple you can e mail Marion on marion@inspirewomenoldham.co.uk or telephone her on **07969 174943**. **Marion** can support you in registering as a Member with us and helping you to be directed onto what is right for you at the moment - whether joining Member Hour initially or committing to the 10 session Programme with MaryAnne and Lesley. Either way we will be very happy to welcome you into Inspire Women.

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WHATS ON OFFER- SESSIONS & ACTIVITIES LOVINGLY DEVELOPED BY WOMEN FOR WOMEN



Do you feel ready to make some
positive and life altering
changes ?

yes

Are you prepared to try new and
different things to move your life
forward?

If the answer is yes contact Marion by
call or text to 07969 174943 or e mail
Marion@inspirewomenoldham.co.uk
for more information on what we have
available and how you can register now

