

LIFE LINE TO HOPE

Lifeline to Hope is a life coaching series at GateWay of Hope created for women who need help brushing up on their job-hunting skills, managing their families during this very stressful time and growing in self-confidence. You will feel empowered to go out and find that next job or move to your next level. Session cost is \$15.00 per session.

Strand 1: Get the Job YOU Want

Lisa will take you through the process of how to create positive change in your professional life. You will walk away with practical hands-on tools and behind-the-scenes insider tips which will provide you the knowledge you need to get the job you want.

Session 1	2/3/21 - Where do I Start?
Session 2	3/3/21 – Resume Writing and Applying for Jobs
Session 3	4/7/21 – Interviewing Skills
Session 4	5/5/21 – How to Succeed in your New Job
Session 5	6/2/21- Wrap up and Get Going!

Event Bright Registration Link: <https://www.eventbrite.com/e/138353812979>

Strand 2: iTango Parenting—Six Essential Traits for Effective Parenting

What parenting traits are most important in raising considerate, respectful, and well-adjusted kids? Using the acronym, iTango, Teresa will share with you six essential traits to successfully navigate the nuances of the parenting dance. These essential parenting traits and will provide an abundance of exercises and hands-on tools to help put the information immediately to work in your family.

Session 1	2/10/21 – Intentional Parenting
Session 2	3/10/21 – Tenacious Parenting
Session 3	4/14/21 – Authoritative Parenting
Session 4	5/12/21 – Nurturing Parenting
Session 5	6/09/21 – Gracious Parenting & Optimistic Parenting

Event Bright Registration Link: <https://www.eventbrite.com/e/138356956381>

Strand 3: – Building Unshakable Self Confidence

What would be possible in your life if you just got out of your own way; and quit blocking your success? Would you open yourself up to meeting more people and maybe find true love? Would you move to the place you have always dreamed of living? The reality is this is where a lot of people stop, and block their success. They give up on themselves and they give up on their dreams. Don't! This session will show you how to move forward.

Session 1	2/17/21 – Building Unshakable Self Confidence – Step 1
Session 2	3/17/21 – Overcoming Fear
Session 3	4/21/21 – Do You Self Sabotage? STOP!
Session 4	5/19/21 – Dealing with Rejection & Self-Doubt
Session 5	6/16.21 - Establishing Healthy Boundaries & Managing Your Money

Event Bright Registration Link: <https://www.eventbrite.com/e/138358139921>