

THE CHOKMAH TEAL TABLE™

Be a hostess for change around the *Chokmah Teal Table™*



Few things in life can top spending quality time with good friends. At the *Chokmah Teal Table™* we do exactly that – spend quality time with good friends and good food.

About *Chokmah Teal Table™*

In my coaching career I have encountered some common themes when working with women. This has brought me to the realisation that although, as women, we have similar concerns and challenges we don't discuss these with our friends. There are various reasons for this – people might perceive us as weak, we don't believe other women have the same challenges, we truly believe we always need to put on a brave face or be strong for everyone around us.

The *Chokmah Teal Table™* aims to change this perception one hostess at a time by creating an open, safe and creative environment where friends can gather to discuss topics that is prevalent in most of our lives. Some of these topics could include (but is not limited to):

- How do I deal with my fears and limiting beliefs?
- How do I stay relevant in an ever changing environment?
- How do I ensure that I transform myself amidst the challenges of work and family?
- I know I should make changes in my career/life but I am not sure how or where to begin.
- Am I doing enough to ensure my children are equipped to deal with the challenges they face today?
- Does work-life balance really exist and how can achieve this?
- Family, marriage/relationship and personal goal setting
- How does my belief system about myself influence my success?

The topic for discussion at each *Chokmah Teal Table™* will be chosen by the hostess and her guests.

The *Chokmah Teal Table™* will be facilitated in the format of a group workshop for approximately 2.5 hours.

About the hostess

Anyone can be the hostess of a *Chokmah Teal Table™*. All that is required is that you provide the space for between 8 and 15 of your friends to meet in a relaxed and uninterrupted environment.

Catering for the guests is the responsibility of the hostess but you don't have to carry the cost of catering on your own – ask your friends to contribute to the day of learning, challenging discussions and support. The bond and support between these women will be stronger than ever before.

The best news - as the hostess you will attend for **FREE**. If your *Chokmah Teal Table™* results in your friends hosting their own *Chokmah Teal Table™*, you will receive a significant discount to attend their workshops.

Contact me today at amelia@chokmahcoaching.co.za or visit my website at www.chokmahcoaching.co.za to book your *Chokmah Teal Table™*.

