

W3

women,
wisdom
& wine

Being Real to Heal

The quest for real joy and happiness is inherent to our human nature, however, being able to address and work through sadness and unresolved heartache head-on is something that our society often shies away from. As women, we have buried part of our God-given nature of processing and expressing sadness and lowering our guards to truly be vulnerable, and therefore limiting our emotional healing. When we are truly honest with ourselves and each other, we begin to recognize that although we have moments and periods of happiness, we often don't experience walking in true joy as a regular part of our lives.



This Month's Speaker: Monique L. Muñoz

Monique L. Muñoz is an author (*BeeCause You Loved Me*), Motivational Speaker, Certified Life & Executive Coach through World Coach Institute, and a Certified Myers-Briggs Type Indicator (MBTI) Psychological Practitioner. In addition, she has over 20+ years experience as an executive, creating and launching new products and businesses in the tech industry. She is the mother of two adult children, and was a relatively young widow. She helps women live their most authentic lives by realizing that the opportunity for major emotional transformation often happens in the midst of some of life's most difficult and challenging times. Monique helps women so they don't remain "stuck" or become defined by those transitions, whether it be divorce, death of a spouse, a change in career, or different life stages. She helps them understand how to embrace their God-given femininity as a strength vs. a weakness, and to break out of their inhibiting shells and negative inner-dialog to embrace the amazing and wonderful women they truly are!



Wednesday June 25th

Doors open at 6:30—Program 7:30-8:30

Matthews Winery Barrel Room

16116 140th Pl. NE

Woodinville, WA 98072

Wine will be provided by Matthews Winery, and will be available for purchase by the glass

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