

# Congratulations!

You are enrolled in impowr's 12 week  
Own Your Powr program

Below is your timetable for you to block out your calendar.  
Locations and access links will be sent in March, 1 week  
before the first workshop.

## PROGRAM SCHEDULE:

**Week 1** (week 16th March):

*Define Your Perspective*

4 hour in person group workshop

Friday 20th March @ 1pm

**Week 2** (week 23rd March):

1 hour 1-1 coaching

Scheduled flexibly in the week

**Week 3** (week 30th March):

*Personal Values and Self-Security*

1 hour group online training

Wednesday 1st April @ 6pm

**Week 4** (week 6th April)

1 hour 1-1 coaching

Scheduled flexibly in the week

**Week 5** (week 13th April)

*Mindset Reframing*

1 hour group online training

Wednesday 15th April @ 6pm

**Week 6** (week 20th April)

*Amplify Your Presence*

4 hour in person group workshop

Friday 24th March @ 1pm

**Week 7** (week 27th April)

1 hour 1-1 coaching

Scheduled flexibly in the week

**Week 8** (week 4th May)

*Personal Branding*

1 hour group online training

Wednesday 6th May @ 6pm

**Week 9** (week 11th May)

1 hour 1-1 coaching

Scheduled flexibly in the week

**Week 10** (week 18th May)

*Creating Change and Influence*

1 hour group online training

Wednesday 20th May @ 6pm

**Week 11** (week 25th May)

*Own Your Power*

4 hour in person group workshop

Friday 29th May @ 9am

**Week 12** (week 1st June)

1 hour 1-1 coaching

Scheduled flexibly in the week

If you have any questions or concerns about the program schedule, don't hesitate to reach out to [info@impowr.co](mailto:info@impowr.co)