

# MOMENTUM

Harnessing the present to build your future

## BE REAL: LIVE IN THE PRESENT MOMENT

A LEADERSHIP WORKSHOP FOR YOUNG WOMEN IN POST-SECONDARY

**MAY 19-21, 2023**

### Experience

A series of talks aimed at impacting your personal & professional success. Hands-on sessions that will provide ways to transform life at home into a source of well-being. A hike in the mountains.

### Location

Copper Ridge Conference Centre, BC  
Conference fee includes lodging and meals.

### Register

Visit <https://copperridgeconferencecentre.ca>  
Fee: \$115 (early bird fee \$100 before April 19)

