**The Female Warrior Leader Workshop**

Strengthening our female warrior tribe by empowering our leaders.

Everyone wants to be valued, appreciated and shine to their fullest potential. As a leader, wouldn’t it be effective and rewarding to create a mindful work environment and develop the self-assurance in others? Are you seeking the tools needed to become a motivating Female Warrior Leader?

Pedal on a new path to communicate with empathy in a workshop focused on talking without criticism, listening without judgment, and connecting beyond differences.

Empowering women by providing them with the tools they need to live more relationally connected, compassionate and successful warrior lives.

 “Leading with compassion is the only cure and living by example the only teacher,” says Camilla Patten, author of *A WARRIOR’S RIDE TO SHINE: A guide to awaken your inner strength on a bicycle.*

Camilla Patten is a dynamic executive, author and entrepreneur with more than 15 years of strategic planning, sales, communication, marketing and public relations experience.

Camilla is a proven motivational leader and the founder of Female Warrior Co., a national women’s enterprise that creates mindful workplaces shaped by a culture that communicates with empathy, encouragement and compassion.

Leadership is not just a skill that is taught, it is part of our being and is influenced by our experiences, needs, wounds, and adaptations. The Female Warrior Leader Workshop will focus on how to conduct Safe Conversations™, a mindful communication process from Relationships First, a non-profit organization co-created by Harville Hendrix Ph.D. and Helen LaKelly Hunt Ph.D.

Harville and Helen are internationally respected couple's therapists, educators, speakers, and New York Times bestselling authors. Harville has appeared on Oprah Winfrey 17 times.

As a leader, listening and validating without judgment, combined with supportive encouragement to other females is part of strengthening our warrior tribe. Through various modules, this workshop will provide the training and self-awareness to discover your authentic warrior leader.

Workshop modules include:

* Communicate with Safe Conversations™
* Lead with zero negativity
* Create a mindful workplace
* Listening without judgment and criticism both at work and home.

Connecting, listening and validating is empowerment. These empowering tools are an integral part to help other females discover their inner strength. Often, as wounded warriors, we just want to be heard and valued, and with the right leader encouraging us, we can discover our own solutions and strength.

This workshop is essential for; entrepreneurs, future entrepreneurs, managers, supervisors, or any female seeking the tools to communicate effectively with compassion and connect beyond differences.

# # #

Website: [camillapatten.com](https://www.camillapatten.com) Female Warrior Workshops: [camillapatten.com/warriorleaderworkshop](https://www.camillapatten.com/warriorleaderworkshop)

CONTACT: Camilla Patten, camillapatten@rogers.com, 705-790-8702