

# ***Abundant Legacy Workshop For Women***

***Techniques To Tap Into Your True Calling To Make A  
Profound Difference In Your World***

*Presented by:  
Certified Speaker &  
Transformation Coach  
Olivia Kay*

***Friday, August 9***

***7:00-8:30PM***

***\$35 per person  
(\$40 door)***



UpDog welcomes Olivia Kay for an empowering self-awareness workshop for adult women of all ages. Tune into your true self and break free from a scarcity mindset to find your true calling. Learn how to apply your vision to ignite an abundant legacy for family, community and the world around you!

During this workshop, bond with other women in a safe, supportive group dynamic as we explore:

- What is an Abundant Legacy?
- How to Identify And Remove Mindset Obstacles
- Energy Clearing Exercise
- Visualization And Group Activities
- Q & A

Learn how to conquer fear and overwhelm, embrace clear guidance, fully experience joyful change, and live purposefully.

Pre-register: <https://www.updogyoga.com/workshops/rochester-workshops>



*Olivia Kay is a Certified Speaker, Mindset Expert and Transformation Coach, John Maxwell Leadership Team Member and Owner and Founder of BCR Coaching and Leadership Inc.*



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