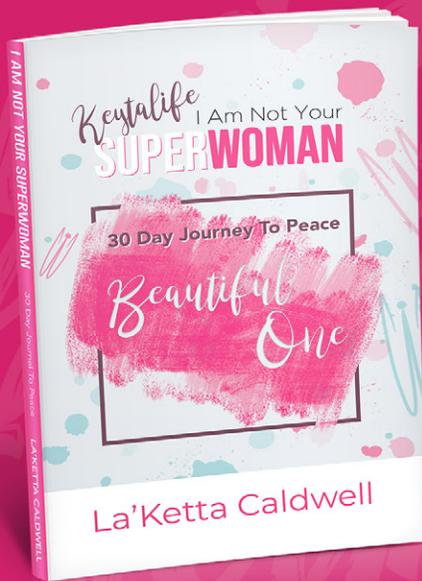


# I AM *NOT* YOUR SUPERWOMAN

## A 4-WEEK EMPOWERMENT SERIES



Inspired by the mission to use holistic arts to build stronger and healthier, female-centered, sustainable communities, *Keytalife* envisions a world where women are empowered to walk in their purpose; motivated by collective identity; confident in their communal commitment; and unshaken by their drive towards social impact.

We believe that the key is balance.

After being commissioned to collaborate with the 2020 Biden-Harris U.S. Presidential Campaign, to rally and activate women voters, *Keytalife* shaped, "I Am Not Your Superwoman: A 4-Week Empowerment Series" designed to guide women who are suffering, or who have suffered from "Super Woman Syndrome" – a term coined in 1984 and occurs when a woman neglects herself and overcommits to others at the cost of her own self-care and wellness. Although ambitious and often times, courageous, these women have faced tremendous obstacles in both their personal and professional career. However, these same women are also slated to overcome the odds. Because most have stretched themselves thin in attempt to "do it all", *Keytalife* is dedicated to teaching, reminding and uplifting women to redirect their investments, while reducing their anxieties, and maximizing their dreams.

Carefully crafted in partnership with *Mental Health of America-Wisconsin*, "I Am Not Your Superwoman: A 4-Week Empowerment Series" comes after "The Superwoman Series" and one woman show led by CEO and Founder, La'Ketta Caldwell, which was designed to combat the data that shows high numbers of women in leadership throughout the State of Wisconsin who suffer from high levels of anxiety. By utilizing critical reflections, tribal generation and the gift of writing, each woman is reminded of her command and inspired to walk in her purpose.

Through this the 4-Week Empowerment Series women who hold a host of titles are offered the opportunity to embrace 30-days of journaling alongside a tribe of women who stand as pillars of accountability, celebration and affirmation. With great intentionality and sincere devotion, *Keytalife* is here to balance things out.

| PACKAGE OPTIONS                                     | SNAPSHOT DESCRIPTION  | COST  | HOSTING CAPACITY |
|---|---|---|------------------|
| <b>My Sisters' Keepers Tribal Series</b>            | This series is an opportunity to bring together seven women who have preexisting relationship(s) to discover healing and growth through sister-friend collaboration, love and self-reflection. This is a facilitated, 4-week digital commitment at two-hours a week plus journaling.  | \$80 per Participant<br><br>\$105 per Participant plus<br><i>I Am Not Your Superwoman Guided Journal</i>                                | 7                |
| <b>Global Tribal Series</b>                         | This series is an opportunity to bring together seven female strangers from around the world to discover healing and growth through shared-identity, global collaboration, love and self-reflection. This is a facilitated, 4-week digital commitment at two-hours a week plus journaling.  | \$80 per Participant<br><br>\$105 per Participant plus<br><i>I Am Not Your Superwoman Guided Journal</i>                                | 7                |
| <b>#BlackTribeMatters Emancipation Series</b>       | This series is an opportunity to bring together seven women of African descent from the diaspora who have shared social experiences through racial, cultural and ancestral ties to discover healing and growth through community collaboration, love and self-reflection. This is a facilitated, 4-week digital commitment at two-hours a week plus journaling. | \$80 per Participant<br><br>\$105 per Participant plus<br><i>I Am Not Your Superwoman Guided Journal</i>                                | 7                |
| <b>Corporate Women's Leadership Training Series</b> | This workshop journaling series is a four-part leadership opportunity to better support women in leadership with innovative tools to : (1) Build the Ideal Leadership Team; (2) Declutter Space;(3) Visualize Road-Mapping + Goal Setting; and (4) Action Plan  | *Contact <i>Keytalife</i> at <a href="http://www.keytalife.org">www.keytalife.org</a> , for price packages best suited for your company | --               |

*Register online!* [www.keytalife.org](http://www.keytalife.org)



**VISION:** *Keytalife* envisions a world where women confidently walk-in purpose, and generate social impact through the act of collaboration, service and balance.

**MISSION:** *Keytalife* uses holistic arts to build stronger and healthier, female-centered communities sustained by purpose-driven collaboration and balance.

Learn more about our founder: <https://tinyurl.com/y45boqms>