

THE NO-SHRINK SESSION

SELF-EMPOWERMENT + RESET

3 hours - 8-40 people - zero trust falls

Somewhere along the way a lot of us started apologizing for taking up space. This is three hours of deciding out loud what you're done with. Blunt, funny, occasionally loud, and built for any woman who's finished waiting for permission. No worksheets about your inner child. No trust falls.

THE 3-HOUR AGENDA

Hour 1 - Name the habit

The apology habit, the shrinking habit, the 'I'll just sit here quiet' habit. We put language on the specific ways you've been making yourself smaller, and laugh at how universal it turns out to be.

Walk out with: Your own short list of the habits that are costing you.

Hour 2 - Rewrite the rules

What do you actually want next, what are you finished with, and what will you say when someone pushes back? We write the sentences and practice them on each other until they stop feeling rude.

Walk out with: A rewritten set of rules and the words to defend them.

Hour 3 - Make the pledge

Everybody builds a personal full send pledge -- one thing you're doing, one thing you're dropping, one date on the calendar -- and declares it to the room so it stops being a private idea.

Walk out with: A spoken commitment, witnessed, with a deadline attached.

KEY TAKEAWAYS

- A written full send pledge with a real date on it
- Language for saying no without a paragraph of apology
- A clear list of what you're done carrying into what's next
- Scripts for the pushback you'll get from family, work and yourself
- A room full of women who heard you say it out loud

WHAT TO BRING

A notebook, a pen, and one thing you're tired of apologizing for. Snacks and water are a good idea too -- three hours of real talk is energizing work.

WHO IT'S FOR

- Women in the middle of a reset -- empty nest, divorce, career change, retirement, or just done
- Women's conferences, retreats and church or community groups
- Corporate and employee-resource groups wanting real talk instead of a slideshow
- Anyone who keeps shrinking in rooms they've earned a seat in

Not for you if you want gentle wellness language -- this one is direct and occasionally unprintable.

THE VENUE NEEDS

- A room private enough for honest talk
- Chairs in a circle if the group is under 20, rows if it's larger
- A mic for groups over 25
- Paper and pens for the pledge writing
- Coffee. Snacks strongly encouraged.

BOOK THIS WORKSHOP

fullsendjenn.fun/workshops/no-shrink-session - request a date in 2 minutes