

# It's all about YOU

Re-discover your inner spark!  
Find and fulfil your possibilities!

*You aren't your farm, your job or your kids. You, are you.*

*In your search for confidence and self-worth - your values, strengths, goals and experiences will show you the way.*

*No matter your stage in life, it's time to re-prioritise you.*

It's all about YOU is a two-day personal development programme that uncovers your true value and identity.

It's a chance to break away from your everyday routine, reconnect with your inner-spark and explore new possibilities for positive change in your life.

## Programme Content

- Discover your true value by reconnecting with your strengths, experiences and core values.
- Refocus and re-prioritise yourself, no matter what stage of life you're at.
- Explore new possibilities and opportunities to live with purpose.
- Build your confidence.
- Create lasting connections, join the AWDT network and live #supportedgrowth everyday.

Location	Date
New Plymouth	22-23 Feb
Morrinsville	25-26 Feb
Balclutha	17-18 May
Invercargill	20-21 May
Gisborne	31 May – 1 Jun
Whakatane	3-4 Jun
Hokitika	29-30 Jul
Napier	9-10 Aug
Amberley	23-24 Aug
Geraldine	26-27 Aug

“ *It's all about YOU encouraged me to explore my personal values and strengths and take time out to look inside myself. For me, it was the stepping stone to AWDT's Escalator programme which then led me to starting my own purpose-led social enterprise.* ”

Becks Smith, Central Otago farmer, vet and founder.



Each programme is limited to 14 women.  
Register your place now at  
[www.awdt.org.nz](http://www.awdt.org.nz)

## Want to know more?

Find full programme details and read our graduate stories at [www.awdt.org.nz](http://www.awdt.org.nz)

## Investing in You

Two full days dedicated entirely to YOU costs just \$350 (+GST). A big thank you to CRS Software and DairyNZ for subsidising the majority of the \$1,000 full cost of the programme.