



Empowerment Workshop for Veterans

Created for the reintegration of military veterans by military veterans.

Designed by Women Veterans Empowered & Thriving for veterans by veterans.

Sequence of the workshop -Permission to say NO! Invitation to say YES!

Check in, Breathing, Community Agreements, Free writing, Sharing

Resonating Feedback, Reinforcements.

Other helpful hints:

~You are the expert of your experience -you were there, we weren't, we believe you.

~Please do not apologize for speaking up or taking up space.

~~This workshop is a reintegration program to begin anytime during and after service to retrain our brains from military(surviving) to (empowered) veterans and thrive!

~Retraining at WVE&T means to **release** what no longer serves you through storytelling and community. This workshop is to cultivate and empower your experiences releasing guilt, shame, embarrassment and negative feelings while applying skills to practice the thriving of **You!**

~You may share your experience in the workshop however DO NOT share the experiences of other participants, this workshop is confidential. Share the lesson, not the story.

~This is a sober space.

~This workshop is a vehicle for expression and authentic conversation through free writing.

~Free writing is to allow the freedom of thoughts and ideas to flow unto the paper without judgment/editing/expectation. An invitation for ranting, venting, releasing the randomness of thoughts to flow out of you onto the paper.