

## RELATIONSHIP HEALTH

### Workshop Name: Boundaries for Blossoming Relationships – A Workshop

#### Workshop summary:

Women are chronic over-givers. We often find that we give to others, whether at home or at work, instead of taking care of ourselves. Because of this we sometimes neglect the Calling and Mission we were sent here to perform. Learn to draw healthy boundaries that create the space you need to become the powerful woman your families and communities desperately yearn for. This introduction to a holistic approach to cultivating healthy boundaries in relationships is designed to jumpstart your journey into self-care. We'll look together at what you want, value most and explore ways to set or reset healthy boundaries that allow you to thrive. Join me for a fun and fulfilling hour and begin living your Sacred Purpose.

#### Speaker Bio:



**Diane Weekley, BBC**

Liaison Consultant

Veterans Bridge Home

Board Certified Coach, long-time storyteller, and writer Diane believes in the power of myth & story to shape lives. With a focus on empowering others to discover and live their truth, Diane coaches individuals and couples to restore and strengthen significant relationships. Diane works as the Charlotte Network

Director for Charlotte-based Veterans Bridge Home. With strong military ties going back three generations, Diane is passionate about supporting people and organizations to assist veterans and military families make successful transitions into civilian life. In 2020, Diane contributed to a selection of poetry and short stories written by the North Carolina Writers Writing Bootcamp Charlotte about their experiences during the initial wave of COVID-19 called Creativity, Curiosity and Hope in a Crisis called Pandemic and is waiting publication of the next book, Why Do We Love? When Love Works, When It Doesn't, When it Stalls, Stifles, Sprints or We Settle.

Diane holds a degree from the University of North Carolina at Charlotte in Creative Arts. Post graduate studies include: University of California, Center on Deafness / Institute on Mental Health and Rehabilitation, The Institute for Life Coach Training, Pranic Healing at the Institute of Inner Studies, and American Sign Language interpreter training at the University of Tennessee - National Interpreter Training Consortium. A life-long learner, Diane recently completed Veteran Support Specialist certification through the Governor's Institute.

<https://veteransbridgehome.org/diane-weekley/>