

## **Empowerment Workshop Series & Presentation Information Sheet**

**For: ANY Student** Veteran, dependents of veterans/service members, ROTC, Reserves and National guard who are **Currently enrolled students** in any of the local universities/colleges.

**What:** A year long series of empowerment workshops concluding with a presentation by the participants for the community on April 20th @ 7pm @ Moravian University.

**Empowerment Workshops:** Designed specifically for the veteran and military community to promote reintegration through empowerment, writing, sharing experiences and community building.

Workshops will be held: Tuesdays Sept 27th, Oct. 11th, Oct 25th, Nov. 8th, Nov 29th, Dec. 6th at 6:30-8:30pm.

Spring Semester dates will be decided by the participants.

### **What is Reintegration?**

Reintegration can begin during service to begin to prepare you for the civilian culture, reintegration can also happen any time after service from 1 day to 40 years.

Reintegration is key to the success of the military community.

**Who We Are:** Military Veterans who are trained facilitators in the empowerment model designed by Women Veterans Empowered & Thriving. The facilitator of this workshop series and presentation will be Jenny Pacanowski, Iraq combat veteran, Moravian Graduate student and Founder & Artistic Director of Women Veterans Empowered & Thriving.

### **What's in it for you?**

~A small stipend for your time, experience and ability to learn how to tell your story at the presentation on April 20th, 2023.

~A few notable skills facilitated in this series to promote mastery of **Thriving** instead of surviving in life, school and workshop:

1. Courage to speak clearly and concisely whether it's a classroom presentation, job/intern interview and/or performance/presentation
2. Learning healthy boundaries
3. Investing in yourself first to provide the energy and motivation to complete school work, participate in extracurricular activities and help others without depleting yourself.
4. Learning to reframe your inner thoughts from negative to empowering.

**To Sign Up, for more info, questions, assist in outreach:**

**Please email: [troupe@wvet.org](mailto:troupe@wvet.org)**