

WISE  
WOMEN  
VT

# MOTHER-DAUGHTER PAIRS RELATIONSHIP WORKSHOP



## What you will do during the workshop:

Participate in guided writing and discussion activities to explore your mother-daughter relationship.

Enjoy a fun hour with your partner.

## What you will take away from the workshop:

A deeper understanding of your mother or daughter and your relationship.

A sense of shared goals for how you will continue to grow in relationship with each other.

## About this Workshop:

As a mother-daughter pair, the founders of WiseWomenVT know that the mother-daughter relationship is a powerful well of strength. We provide workshops designed to help you strengthen your already healthy relationship, and explore how you continue to grow together

DR. CAROL BOKAN,  
AND DR. JEN ARNER  
WELSH

We are a mother-daughter team, educated respectively in Counseling and Developmental Psychology. Our passion is helping women explore and discover their own inner wisdom and strength to help them move through challenges and opportunities at all life stages with increased satisfaction.



## WISEWOMENVT

At WiseWomenVT, we believe that within each of us is our own wise woman with the knowledge & skills we need to grow and change in positive ways. We offer small group workshops to help women explore their own personal development with increased self-awareness and positive energy.

Reflect. Connect. Grow.

Contact us at [bokancarol@gmail.com](mailto:bokancarol@gmail.com)