

WOMEN'S EMPOWERMENT RETREAT

THE WOKE NETWORK

The Softer Side

A transformative 2-Day Women of Culture Empowerment Retreat on the serene, sacred land of Franklinton Center at Bricks, a place of healing and connection located in Eastern, NC.

WHY

As we dominate the helping fields, i.e. education, healthcare, and human/social services, we experience unique and often unaddressed stressors. Many personal experiences, societal pressures, and cultural expectations, including the Superwoman Schema, impact how we show up in the world, often prioritizing work, family, and others over our own well-being. We hustle, struggle, and at times suffer alone.

Step out of the grind and into a space of being—a time to focus on Self-Care, build resilience, and recharge in the company of strong, beautiful women who understand your journey.

EMPLOYERS! Advocate for your organization/agency to invest in the physical, emotional, and mental wellness of women who DO THE WORK and ladies... if your employer cannot or will not, show up for yourself. Don't miss this opportunity—you are worth it!



WHAT

This over-night/2day retreat is an immersive experience designed to encourage you to embrace your feminine power, nourish your soul, and celebrate the energy of rest, rejuvenation, and connection. This is your time to breathe, relax, and focus on YOU. Walk away feeling recharged, renewed, and equipped with tools to navigate your roles, including a personal Wellness & Resilience Plan to create and maintain balance your personal and professional life.

Event Highlights:

- Workshops: Engage in empowering sessions on Self-Love, "Superwoman Schema," Connection, Personal Development, Trauma/Stress and Resilience.
- Sister Connection Circle: A special gathering to deepen bonds, celebrate strengths, embrace vulnerability and share experiences.
- Release Ceremony: Let go of what no longer serves you in a powerful, symbolic ceremony.

Additional Activities to explore/enjoy:

- Yoga
- Swimming
- Line Dancing
- Meditation
- Nature Walk
- Rest & Relaxation

Embrace the opportunity for growth, wellness, and connection designed just for us. As we show up for ourselves and each other, let's tackle trauma, stress, and burnout... claiming our power to heal, release, stay well no matter the situation.

WHERE

Franklinton Center at the Bricks
281 Southbend Lane, Whitakers, NC
Amenities: Rooms, Dining, Nature Trail, Pool, Library

NOTE: The mission of Franklinton Center at Bricks is to provide a nurturing home to local, national, and global programs and organizations seeking liberation. Our vision is to manifest a world where systemic oppression does not exist; the whole divinity of a person is realized; the memory, contribution and resilience of our ancestors is embraced; and the environment is healed. This world embodies the gifts of learning, outdoor play, teaching, health, safety, love, and connection to beloved community.

Double Occupancy \$395
Single \$495

Includes all workshops, activities, overnight stay, meals, t-shirt, & more!
Rates are per person. Choose your roommate or be paired with another participant for double room rate.



Scan or Click [Here](#)
Registration: bit.ly/3UG99zP?r=qr

DON'T MISS THIS CHANCE TO RECHARGE YOUR SPIRIT, EMBRACE SELF-CARE, IMPROVE YOUR WELLNESS AND CULTIVATE LASTING SISTERHOOD CONNECTIONS.



JUNE 13-14, 2025
EARLY BIRD SPECIAL TIL 2/14

Payment Plan Available via Cashapp
[\\$empoweringties](https://empoweringties.com)

Questions?
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