

14. October 2022

Equality

Online seminar for young women: "Your inner compass".

Free event of the "Frau+Beruf" series

Next Wednesday, October 19, starting at 7 p.m., there will be a free online seminar for young women. The title is "Your inner compass - find out what you really want! Psychological consultant Lea Ehling will give valuable impulses for self-discovery and dealing with one's own strengths and abilities.

The event takes place as part of the series "Frau+Beruf" of the municipal equal opportunity commissioners in the district of Borken. Bocholt's Equal Opportunities Officer Astrid Schupp cordially invites all **interested women and girls** to attend.

Participants will learn in the online seminar how they can align themselves according to their strengths and abilities, how they can stand by their own value and convince others of their worth. "This presentation is aimed at young women who want to find out what they really want," says speaker Lea Ehling, psychological consultant and personal coach.

Interested girls and women can register by e-mail to the Equal Opportunities Office of the City of Bocholt [gleichstellung\(at\)bocholt\(dot\)de](mailto:gleichstellung(at)bocholt(dot)de)





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