



## Seeking Life 2026



Seeking Life is a personal and emotional development program designed to support women from diverse backgrounds on their journey toward resilience, well-being, and fulfillment. Led by committed, caring, and inspiring facilitators, this program offers a human, collective, and deeply transformative experience.

This program includes :

- 10 in-person group workshops
- Virtual individual coaching
- A day of transformation
- A celebration!

Date	Activity	Name - Description
2026-03-14	Workshop 1	Introduction + Safety plan
2025-03-21	Workshop 2	Learn to heal
2026-03-28	Workshop 3	Resilience in action
2026-04-11	Workshop 4	Communication and public speaking
2026-04-13	Coaching	Start of individual coaching
2026-04-18	Workshop 5	Canadian financial system
2026-04-25	Workshop 6	Technology
2025-05-02	Workshop 7	AI and Cybersecurity
2025-05-09	Workshop 8	Entrepreneurship
2025-05-16	Workshop 9	Creative workshop
2026-05-23	Makeover	Transformation day
2026-05-30	Workshop 10	Group coaching
2026-06-01	Coaching	End of individual coaching
2026-06-06	Celebration	Graduation
2026-09-12	Evaluation	Post-program meeting

Régine Valles, coordinator - [regine@fej-canada.ca](mailto:regine@fej-canada.ca)