



Camp Atta Girl!™

For Companies and Organizations!

Thrive in the Work Wilderness!

Are you looking for a different kind of program for the women in your organization? Then **Camp Atta Girl!** might be just what you're looking for!

Camp Atta Girl! For Organizations is an onsite, indoor "camp" giving women tools to survive (and succeed) in the work world "wilderness." It takes the best of our one-day women's retreat and brings it to the working world, creating a one-of-a-kind experience for the women in your organization. They'll tap into their strength, courage, voice and humor while learning techniques to increase their happiness, discover their purpose in life and bring that purpose to your organization.

This isn't just a lecture and this isn't your typical "work" program. It's an experiential program, giving the women in your organization tools based on science and positive psychology that can help them create a more positive and fulfilling life. They then bring those tools back to the organization to create happier and more productive work environments!

Whether a corporate exec, an educator, a volunteer, a healer, a woman wanting to dance to life or a combination of all of them... women at **Camp Atta Girl!** explore and discover the keys to living happier and leading stronger.

Bring the camp directly to your organization as a full-day or half-day retreat!

Whether a company, school, organization, we design the program to fit your needs. Contact us at info@happinesselement.com.



Camp Atta Girl!™

"An amazing day of support, laughter, talking it out and more. I believe every one of us left that day with new found energy, goals, and big smiles on our faces."

~ Vicki H.

"This was such a valuable day! I recommend Camp Atta Girl! to any woman interested in bettering themselves. I came away with great tools!"

~ Cassie T.

"It was fun. Learned a lot, felt like I really played big! So many great, useful tool to explore in these next weeks."

~ Susan N.

"I came away with real, easy to implement/use tools."

~ Jann G.

"It's a gift for my family and coworkers because they will receive a better me after this camp."

~ Greta C.

Where the Women in Your Organization Play Big!



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Camp Atta Girl!

The women who attend Camp Atta girl! will...

- Discover proven and researched tools to create their best selves.
- Learn the three questions that when answered will help lead them to their life's purpose and connect it to their work and organization.
- Receive an official handbook that will help them set, pursue, and achieve happiness goals.
- Discover their 24 inner character strengths and how using their top ones can make them happier.
- Tackle what's keeping them stuck in lives, in their jobs, in their pursuit of their dreams.
- Re-energize their spirits via visualization, music and movement, tapping into their power, voice and more.
- Connect with other women, giving each other atta girls! for all they do and accomplish each and every day.
- Find their wild, playful, happier selves!
- Play big at work and in life!

*Bring the women in your organization
a day of empowerment, courage
and happiness...*

*Perfect as part of your diversity and
inclusion program!*

This is a full-day program, but can also be modified to a mini 4-hour "camp" to fit with your organization's needs. For more information on this and other programs we can bring to the women of your organization, contact info@happinesselement.com.

This is just one program we offer, for both men and women. Whether you are seeking a Lunch-&-Learn, a kick-off to an initiative or planning session, a speaker or a complete program, we can help. From mindfulness training to strength-spotting and more, we can create the perfect program for your needs.

Play big.
(atta girl!)

