

# Black Women Thrive

A WELLNESS PROGRAM  
CURATED BY  
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# Black Women Thrive

Get the blueprint to bridge the gap from the relationships you have and the healthy relationships you desire.



## WHO IT'S FOR

If you are:

- frustrated in personal, romantic, family, and/or professional relationships
- want to be softer and more vulnerable but afraid of being hurt
- feeling snappy and irritable and taking it out on the people that matter to you the most
- in a committed relationship but having trouble allowing yourself to be fully seen
- terrified of relying on your friends even though they have proven themselves to be reliable
- not comfortable expressing how you truly feel and asking for what you actually need
- struggling to even name the emotions you feel let alone expressing and managing them
- a perpetual people pleaser who struggles to say no in your relationships

This program is for you. Enrolling in Black Women Thrive provides the playbook to improve all of your relationships with a curriculum and built in supportive community of women who you can learn and practice new relationship skills with as you're learning them.

During this program you will:

- learn the indicators of a healthy and thriving relationship
- understand why you move the way you move
- raise your emotional intelligence (EQ)
- get comfortable with vulnerability
- learn how to establish and practice setting healthy boundaries
- develop tools to navigate conflict in relationships

In 6 weeks, walk away with a new mindset and set of skills to better understand yourself, and improve your relationship with others.

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## CURRICULUM OVERVIEW

### **Week 1: Healthy Relationships: How Many of us have them?**

Participants learn the indicators of healthy relationships with friends, family, colleagues, and partners.

### **Week 2: Why You Move the Way You Move!**

Much of our behavior in relationships comes from what we've learned either through direct teaching or observation from childhood. Our past shows up in our present and not all of it leads to healthy relationships. During week 2, participants go back in order to find a healthier way forward.

### **Week 3: Raise Your EQ (emotional Intelligence), strengthen your relationships**

Emotional intelligence is the foundation to all relationships thriving. During week 3, participants expand their capacity to identify, label, sit with, and manage their emotions & life's stressors.

### **Week 4: Get Comfortable with Vulnerability**

As Black women, our relationship with vulnerability is complex. During this session, participants will take a deep dive into Black women's relationships with strength and vulnerability, and begin to form a healthier relationship where they compliment each other.

### **Week 5: Every woman has a breaking point. Don't get to yours!**

Black women too often have to get to their breaking point before they learn the importance of boundaries. During this session, women learn how to identify their limits, and effectively implement boundaries even in the face of folks pushing back against them.

### **Week 6: We Don't Knuck and Buck but We do Address Conflict!**

Conflict in relationships are inevitable. During the final session, women learn their conflict resolution style and develop a skill set to face and navigate conflict.

#### COMMITMENT

**Number of Sessions:** 6

**Session Duration:** 2 hours per session

**Meeting Platform:** Zoom

**November 2024 Cohort Meeting Dates:** 11/07; 11/14; 11/21; 12/05; 12/12; 12/19

**January 2025 Cohort Meeting Dates:** 01/09; 01/16; 01/23; 01/30; 02/06; 02/13

**Meeting Time:** 4:00pmPT/6:00pmCT/7:00pmET

**Investment:** \$100 per session

**Schedule your onboarding call today at [drlawandahill.com/services](https://drlawandahill.com/services)**