



Women's Workshops  
empower • equip • encourage

WE partner with businesses, clubs and community organizations, providing tools & techniques to equip women for successful transitions - to realize their dreams, embrace their full value and make themselves a priority.

## core • choices • connections

**WE believe that CORE is the essence of who we are.**

- Define what a "full life" means
- Align values-to-vision
- Utilize tools for decision-making during various life stages

**WE believe defining CHOICES enables women to lead fulfilling lives.**

- Analyze the situation – opportunities and obstacles
- Identify and prioritize options
- Create a personal action plan

**WE believe women are natural networkers, but need to learn how to use CONNECTIONS to navigate transitions.**

- Define what a networking community means
- Identify opportunities within their own community
- Create a networking plan to use in the current transition

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## How WE Began

**WE** is a collaboration between two long-time friends and colleagues, Tamara Fay and Deb Hornell. For years, these two women have supported each other as friends, wives, mothers, business owners, golfers, and traveling companions. With a shared passion for helping women achieve what they need in their lives, Tamara and Deb combined their enthusiasm, experience and expertise to create an inspiring and interactive series of workshops for women.

***WE understand the challenges and sacrifices women deal with in their careers, in their relationships and in reaching their goals for a fulfilling life. WE want to help.***

### Tamara Fay



Tamara Fay's career spans more than 20 years of excellence in management consulting, service industry management,

human resources, training and facilitation. In keeping with the advice she gives her students, Tamara continues to evolve and expand her skills and services to address the needs of the marketplace and her clientele. She is committed to a lifetime of learning, creating valuable partnerships with her clients and, most of all, building and maintaining strong relationships.

### Deb Hornell



Deb Hornell is a visionary whose personal brand of "Cultivating

Environments for Growth" extends into her consulting practice, her garden, her family and friendships, and her book, *Good Things for a Full Life*. Deb has been helping individuals and Fortune 1000 organizations grow and succeed for more than 25 years.

***Call or email Tamara or Deb for more information.***



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