



## Workshop Topic: Practically Single

Author/Speaker: Michelle Worthington

Divorce isn't easy; it isn't entered into lightly. It is a time of harsh transformation and adjustment. You may be struggling with your finances, your faith or your family and at the same time be expected to battle through your emotions and negotiate a divorce settlement. And do this somehow without losing your sanity or your self-respect.

This workshop is based on Michelle's inspirational workbook, *Practically Single*, which encourages you to find your true worth and give you the tools to make real and lasting change in your life. It will reform how you think about money and yourself and show you the value of rediscovering or finding faith.

For a time when you're at your most vulnerable and disorganised, *Practically Single* offers participants the tools they need to find their way.

The workshop can be structured to suit any time frame or target audience. The book *Practically Single* will be used as a workbook during the session and it would be advisable to be purchased on the day.

Some of the key areas addressed in the workshop include:

- Money Management
- Emotional Intelligence
- Emotional independence
- Rediscovering your faith

*Practically Single* is published under our imprint, Mostly for Mothers and suitable for mainstream and Christian audiences.

Further details on Michelle Worthington can be found at: [www.michelleworthington.com](http://www.michelleworthington.com).

For more information on booking Michelle Worthington to speak, please contact:

Sally Ford

Marketing

Wombat Books

P: 1800 79 17 69

E: [sally@wombatbooks.net](mailto:sally@wombatbooks.net)