

Cozy Talks: 6-Session Journey to Self-Love & Womanhood

A transformational workshop series empowering young women through self-love, healing, and authentic empowerment.

Workshop Overview

This 6-month workshop series is designed to guide young women on a transformational journey of self-love, healing, and authentic empowerment. Through intentional dialogue, creative activities, and community connection, participants will learn to embrace their full selves—past, present, and future.

Each session builds on the last, offering a safe and supportive space to explore identity, emotional wellness, and what it means to confidently step into womanhood.

Session Summaries

- Session 1: The Importance of Self-Love

Explore what self-love truly means and begin identifying the strengths, joys, and values that live within us.

- Session 2: Empowering Self – 'I Choose Me'

Reconnect with your voice and power while learning to center your needs and live intentionally.

- Session 3: Connecting to My Authenticity

Embrace your true self and release identities shaped by external expectations.

- Session 4: A Step into the Past to Strengthen My Future

Reflect on the past to understand and heal, using it as fuel for future growth.

- Session 5: Emptying My Baggage

Identify emotional weight you've been carrying and learn tools to release what no longer serves you.

- Session 6: Progress Check-In & Celebration

Reflect on your journey, celebrate your growth, and set intentions for what's ahead.

What's Included

- Creative and reflective group activities
- Guided discussions and mindfulness practices
- Self-work prompts between sessions
- Mocktails and cozy accountability time
- All materials: notebooks, mirrors, mugs, and more

Who This Is For

This workshop is designed for young women (ages 16–25) seeking a deeper connection to themselves, their voice, and their vision of womanhood.

About the Facilitator

Facilitated by Deborah "DeeDee" Irby, founder of Cozy Corner Talks LLC. With a background in behavioral health, youth empowerment, and peer support, Deborah "DeeDee" Irby brings lived experience, warmth, and intentional structure to every space she holds.

Booking Information

To inquire about dates, group rates, or partnerships, please visit www.cozycornertalks.com or email Cozycornertalks@gmail.com.

Let's build self-love, sisterhood, and confidence—together.

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