



DON'T LET THE DRAGON WIN: HOW TO SILENCE YOUR FIERY INNER CRITIC



WITH
KATHERINE WINTSCH

Wanna slay the self-doubting dragon but don't know how or where to start? Author and researcher Katherine Wintsch shares tips from her book, *Slay Like a Mother: How to Destroy What's Holding You Back So You Can Live the Life You Want*. In an emotional and empowering series, Katherine uses testimonies and research from moms and other women to show that self-doubt is universal and you can take heart that women can—and do—slay their dragons! Katherine also shows when self-doubting dragons are born, why they exist, and how to put them in their place.

Create strategies to face and slay your dragon!

- Learn about yourself to slay the mean voice living inside your head
- Uncover the shared emotion that mothers and women have
- Understand how to struggle without suffering. (Suffering is optional!)
- Discover how-to slay and teach that ornery dragon some manners

About Katherine Wintsch:

Katherine Wintsch started a movement to help companies large and small support moms on both sides of the cash register: customers and employees alike. She knows firsthand the struggles of motherhood and running a company, as Katherine's a mother of two, bloggess, CEO, and founder of The Mom Complex. She's also the author of *Slay Like a Mother*, the book that helps moms and women discover, understand, slay, and tame their own dragons.

QUESTIONS TO CONSIDER WHILE WATCHING THIS COURSE:

1. What are some recurring mean things that your dragon tells you?
2. What can you write down as a response (to later tell it) to put your dragon in its place?
3. What are the differences between struggling and suffering?
4. What are some things you can do to give yourself grace?
5. What are some new things that are happening to you right now?



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