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Inspirational Catalyst

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**topic
ideas**

Romantic Relationships

- The 5 hard truths to getting the relationships you really want
- Throw away the man list, get over the packaging! How to attract the mate you really want.
- Attract the lover you want by loving yourself first
- The lies we tell about the men we think we love
- Secrets of an intimate relationship. Why sex won't get you the intimacy you crave.
- Lonely and in love? What to do if you feel alone in your relationship.
- The abusive relationships that don't hit the tabloids -- verbally, emotionally and the soon-to-be physically abusive -- and the women that stay in them.

Friendships

- Divorcing friends. Why it can be good, and why it's still hard.
- Secrets of Soul Sisters. What it takes to have fabulous friendships.
- Finding time for friends. Why it's less about the hours in a day & more about you.

Being a 21st Century Woman

- Skills, Strategies & Super Powers for the 21st century woman. What today's woman needs to do differently in order to succeed and be happy.
- Call 9-1-1 On Yourself. The cost of being the "trying-to-do-and-have-it-all" woman. How to take care of yourself as well as you do everyone and everything else.
- It's in the DNA! Stereotypes and illusions we've inherited & what you can do to get rid of them.
- Generation Wise. What our girls don't know that we women need to start teaching them.
- Fat, Fit and Female. Why a woman is still judged first for her body and her relationship status.

Money

- Is the money worth the heartache? Why money is not a reason to stay in a relationship.
- Money and friends. What aren't you talking about that you should be talking about?
- Lose a job, create a life. How to make your lay off a launching pad for the life you really want.

Success and Happiness

- Self-Esteem Won't Make You Happy. Why you need self-love.
- Are You Holding Yourself Hostage In Someone Else's Life? How to make sure you are living the life you REALLY want vs. the one you think you should.
- The Price of Being A Doing Addict and Achievement Junkie. How we create our own unhappiness & how to change our 'addictions.'
- Emotional Cutting. How successful women are silently self-mutilating themselves.
- Straight Jackets of Repression. How you make yourself unhappy by holding back your most real self.

Women's Leadership

- Trading in the Shrew Factor for the Sisterhood. Why women are mean to each other and what it would be like if they helped each other.