

# Come Slay with Katherine Wintsch



GATHER WITH OTHER MOMS TO LEARN HOW TO TO SLAY LIKE A MOTHER

**DATE:** Wednesday, March 18  
**TIME:** 6:30-8:30 p.m.  
**LOCATION:** St. Michael's Episcopal School  
Hubbard Hall - Dragon's Den  
10510 Hobby Hill Road, Richmond  
**RSVP TO:** Anne McCoy, amccoy@stmschool.net  
**HOSTED BY:** The St. Michael's Parents' Association



## EVENT DESCRIPTION

### How to Slay Like a Mother

Based on her popular book, *Slay Like a Mother*, author (and St. Michael's mom!) Katherine Wintsch will share groundbreaking research on self-doubt and women.

Insights collected from over 10,000 women combined with Katherine's experience battling her own "dragon of self-doubt" will help you see that striving for perfection and always falling short is no way to live.

## KEY TAKEAWAYS

Be prepared to walk away with tangible tips and tricks for destroying what's holding you back so you live the life you want:

- How to teach the negative voice in your head some manners
- How to say no to others and yes to yourself
- How to struggle without suffering

## PRAISE FOR SLAY LIKE A MOTHER



### Parade

"One of the **top ten** **LIFE-CHANGING** self-help books every woman should read."

"*Slay Like a Mother* **SPOKE TO MY HEART**. This is a must-read for anyone struggling with self-doubt."

— **DANA VOLLMER**, Five-time Olympic gold medalist, first mother to win a gold for U.S. swimming

I'm so glad you never gave up on it. My sister just started it and was in tears in the first chapter. I have two degrees in psychology and a PhD in neuroscience (behavioral) and nothing has touched my life as much as your book. It's gold. Thank you again and hopefully we will meet one day in a workshop or at a talk or somewhere! - Liz

LEARN MORE: [SLAYLIKEAMOTHER.COM](http://SLAYLIKEAMOTHER.COM)