

NEWS RELEASE

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**Local Movement launches: Cultivate #1 Leadership
and Conflict Resolution Skills - with fun twist!**

September 16, 2024 - Champaign, Illinois. A group of women are gearing up to do something scary fun - tell their stories. Led by Joyologist, Heidi Esther, a new movement called *HerStory* is starting right in our town.

"I wanted to create an event that was both fun and helpful for women. Through HerStory Circles, women will find their confidence and share their stories. All while having fun!" she shared.

Starting on September 25, HerStory Circles are a free monthly storytelling circle. Who will benefit? This inclusive circle will cater to women ready to share their story. What will they find? Besides writing, there are fun physical exercises, active listening, and sharing. The structure bakes in both empathy-building and conflict resolution strategies.

"We will be laughing and playing - to remember there's Joy, even in the struggle. Women will come away refreshed, connected, more confident," she stated.

The end goal? To cultivate confident, connected, Authentic Leaders who know their value. And are a little braver when life's challenges arise. All while en**Joying** the ride! Will you join us?

DATES: September 25, 2024 and monthly thereafter

Virtual Circle: 12-1pm

In-Person Circle: 7-8pm at Champaign Public Library, *Robeson Pavilion B*
200 W Green Street, Champaign, IL, United States

HerStory Circle Information: <https://HeidiEsther.com/HerStoryCircle>

Sign-UP <https://HeidiEsther.com/herstorycircle/#signup>

Heidi Esther helps hardworking people create their most joyful lives. How? By activating their inner Leader and Peculiar Geniuses! She creates transformational experiences with her relationship building, emotional intelligence, storytelling, laughter yoga, and mindfulness skill sets. She is a life coach, workshoper, keynote speaker, and author.

When she's not helping others find Joy in the laundry lists of life, she practices being a grateful human, cookie baker, dear friend, and bad poet.

Press Kit: https://heidiesther.com/about-me/press_kit