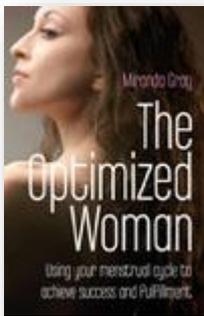




The Optimized Woman – Using your menstrual cycle to achieve success and fulfillment

Introduction:

What is an Optimized Woman?



An 'Optimized Woman' is a woman who lives her life in harmony with her menstrual cycle, applying each phase's 'optimized' energies and skillsets to her life to create increased well-being and fulfillment, to realise her dreams and life-goals, and to enhance her work performance and work satisfaction.

In our cycle we have days where we have enhanced thinking skills and heightened abilities. These 'optimized days' not only empower us to do particular activities and tasks quicker, easier and better but they also give us access to talents that we never knew we had.

In the modern masculine-dominated world we women have a unique performance tool which when applied can make us more versatile, creative and productive in the workplace. This tool is also our key to reducing stress, creating well-being and becoming more fulfilled in our lives. The name of this tool? The menstrual cycle.

Based on Miranda's book '**The optimized Woman**', this workshop changes the way women think about their work - whether they work for an employer or work for themselves, whether they work for a small company, a big organisation or a multinational corporate, whether they are a worker, a manager or even a member of the Board.

By understanding our optimized days and applying them to our life and work we can:

- release the stress of trying to live in a linear manner
- do things better
- do things more quickly
- do things outside of our normal skillset and expectations
- grow and evolve in new directions
- feel whole and complete – who we are meant to be
- easily meet our needs and create wellbeing



Outcomes:

This workshop combines practical information with interactive exercises to create a realization of the optimized times within the cycle and to give practical personal experience of working within an optimized approach that can continued after the workshop.

- ✓ **Learn** about your 'Optimized Times' and the perceptual skills and heightened abilities that lie waiting for you in your different phases.
- ✓ **Understand** how to allocate appropriate tasks to optimized times.
- ✓ **Create** your goals in a uniquely female approach using the help of 'optimized women' within the group.
- ✓ **Discover** the two secrets that lie in the menstrual cycle which make happiness and fulfilment achievable in any phase.
- ✓ **Explore** the 'optimized team' approach in a practical exercise to discover how we can synergize our optimized skillsets in team projects and team activities.

Benefits:

- ❖ 'Riding the peak performance wave' by assigning tasks to their optimized days.
- ❖ Having access to deeper empathy and understanding.
- ❖ Creating out-of-the-box inspiration and ideas.
- ❖ Applying insight and the larger vision.
- ❖ Greater organization and better work structure.
- ❖ More easily achieving goals.
- ❖ Intuitive problem identification and problem fixing.
- ❖ Reducing work stress.
- ❖ Holding the key to our happiness and fulfilment.
- ❖ Working in a variety of areas offering adaptability and flexibility.
- ❖ Bringing a wider understanding and intuitive vision.
- ❖ Offering a number of different creative and intellectual approaches.
- ❖ Changing the approach to meetings and team activities.



This is a personal development workshop only.



Suitable for:

You do not need to have a menstrual cycle to benefit from this workshop - you can apply all the information provided to other natural cycles and rhythms.

Post-menopause women, women without a cycle and pregnant women can take part in all the exercises.

Be prepared to share experiences in an interactive and confidential environment.

Workshop outline:



- **Why is the menstrual cycle so important to modern women?** An introduction to your optimized times, the two cycles that lie within the menstrual cycle and what this really means for women.
- **The secret that lies within our cycles.**
- **Interactive exercise #1: Matching the task to the time.** In pairs students are guided through the thought processes to allocate a personal and a work activity to their appropriate optimized times.
- **Interactive exercise #2: Optimize your month.** In pairs, students apply the task-matching technique to their own lives, allocating personal and work activities and commitments to the appropriate optimized times.



- **Application to a compound task.** Miranda explains how to subdivide a task into its components to optimise each component.
- **The menstrual cycle – the ultimate life-coaching tool for women.** Taking the mainstream life-coaching approach and applying it to the optimized times to create a natural and easy goal-achievement approach for women.
- **Interactive exercise #3: Creating the life we want using the Ultimate Life-coaches!** Group activity to use the skillsets of the optimized women in the workshop to help individual women with their goal achievement.
- **Optimized Motivation:** An introduction to the natural motivation that lies within the cycle phases and how to make self-motivation much easier!
- **Interactive exercise #4: Optimized Teamwork:** Miranda guides sub-groups in working together with the optimized skillsets to complete a specified project.

What you will receive

- A hand-out of exercises for the day, including a summary dial of Optimized Times and skills for future use.
- A certificate signed by Miranda.

Duration:

One day.

Teacher:

Miranda Gray is a passionate writer and facilitator of workshops on the cyclic nature of women. She is an advocate for the menstrual cycle, seeing it as an amazing powerhouse of skills, perception, and abilities that women can utilise in practical ways to improve their everyday lives and their work life.

Miranda's vision is to change the way women work so that they not only achieve success but do it in a way that is naturally stress-free and fulfilling.

Her books include:

Red Moon

Female Energy Awakening

Spiritual Messages for Women

The Optimized Woman



Biography

Miranda's first book ***Red Moon - Understanding and using the creative, sexual and spiritual gifts of the menstrual cycle***, published in 1994, evolved from a personal journey of exploration and grew into workshops for women that are now delivered worldwide in many different languages.

Originally trained in science and scientific illustration, Miranda's later work as a multimedia designer took her into the world of business, ranging from small entrepreneurial businesses to international corporates. Working in a masculine environment, and forced to work in a masculine way, Miranda started to develop strategies for performance and coaching that utilized the optimized skill of each phase of the cycle. The result was **The Optimized Woman** - the first book to bring the menstrual cycle into the workplace as an empowering tool for performance, goal-achievement and well-being.

Miranda lives with her husband in the UK, although she spends much of her time travelling worldwide teaching workshops for women.

