

emPowHering YOU:



When asked what is the most important component of women's empowerment, Shanteria Chatman, Founder of The Chatman Women's Foundation, always gives the same answer. Your voice. Without your voice, it will be difficult to assert yourself, negotiate your salary or even set your personal boundaries. In her second installment of women's empowerment "know-how", Shanteria dives deep into finding your voice. She doesn't just discuss the importance of your voice, she also shares with you exercises and tips to help you identify and perfect your voice. emPowHering YOU is designed to be read chapter-by-chapter on a monthly basis; allowing time to focus on the chapter's content and how to apply it to your life. Always enforcing the notion of PowHer, a woman's ability to act upon anything she desires, Shanteria emphasizes the need to be authentic and truthful in this journey to oneself.

emPowHering YOU is a simple read with easy to grasp concepts. The challenge is committing to the process. As women, its easy to focus on everyone else, leaving self reflection for last place. Oftentimes, there is no time left. For once, take the time to listen to your heart, cultivate your thoughts and dreams and find a new place of refuge inside yourself. It is time to emPowHer YOU!



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12 TIPS FOR
FINDING
YOUR VOICE

