



Workshops for Women

Three practical 30–45 minute workshop offerings for organizations, community programs, and women's groups

Pause, Check, Choose

The ASK Method

The Self-Trust Reset

Trust yourself without needing to be certain

The Capacity Reset

Self-trust, discernment, conscious choice, and sustainable capacity

Presented by K. D. Caminero

Founder, Crown & Cypher

WORKSHOP MENU

Choose the workshop that best fits your participants. All three sessions are designed to be practical, low-pressure, and adaptable to the host setting. Participants may write privately, speak, or simply listen. No personal disclosure is required.

Pause, Check, Choose

The ASK Method

A practical discernment and decision workshop that helps participants notice when a story has outrun the available information, identify what may need to be checked, and choose a next step based on what is actually known.

- Separate an observable event from the interpretation or prediction attached to it
- Identify what is known, what is inferred, and what information may actually need to be checked
- Ask a direct question when clarification matters and choose a response proportionate to the information available

Best fit: employment programs, entrepreneurship programs, community groups, and settings where participants benefit from a repeatable process for clearer decisions.

The Self-Trust Reset

You Don't Have to Feel Confident to Trust Yourself

A practical self-trust workshop that helps participants build a more reliable relationship with their own decision process—not by demanding certainty, but by learning to notice, discern, choose, learn, and respond.

- Distinguish self-trust from certainty, confidence, and always getting the outcome right
- Sort facts, feelings, preferences, fears, values, outside opinions, and unknowns before making a choice
- Make a reasonable decision with the information available and use the outcome as feedback rather than an identity judgment

Best fit: women's programs, transition and support settings, community groups, and organizations focused on confidence, personal agency, decision-making, or personal development.

The Capacity Reset

Just Because You Can Carry It Doesn't Mean You Have Capacity for It.

A practical workshop that helps participants distinguish between being capable of doing something and actually having the time, energy, attention, and resources to take it on.

- Distinguish ability from current capacity and priority
- Identify the real time, energy, attention, or recovery a commitment may require
- Practice making intentional decisions about where limited capacity belongs

Best fit: women's programs, employment and entrepreneurship programs, community groups, caregiver-support settings, and organizations focused on well-being, sustainable performance, or personal development.

Shared Format

- Approximately 30–45 minutes, depending on group participation, discussion, and organizational needs
- Recommended group size: 10–15 participants
- Host-approved examples and participation options
- Participant handout included
- No required personal disclosure
- Can be offered as a pilot; scheduling, materials, and terms are arranged with the host in advance
- Each participant receives a personalized *EmberLight Academy commemorative Certificate of Completion

**EmberLight Academy is Crown & Cypher's creative educational platform and is not an accredited academic institution. Workshops do not provide academic credit, professional licensure, or accredited certification. Certificates of Completion acknowledge participation only.*

Practical Learning for a Well-tended Life.

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