

COMMUNITY-LED WORKSHOP: APRIL 2023
KATIE WOOD

MORNING ROUTINES

How we all can benefit from intentional action when we first wake up

In this workshop, Katie will...

- Teach us about the logistics and significance of a strong morning routine.
- Engage participants with ideas and conversation about what they could do to start their days in a more positive and productive way.
- Share ideas for how to help kids of all ages start their days with intention.
- Inspire all of us to wake up every day ready to reach our dreams.

Who is Katie?



Katie Wood is a thought leader, entrepreneur, and author of "A Simple Seed" journal of growth, gratitude & giggles ([as seen on *The Today Show*](#)).

In 2014, she transitioned from a 10-year career in teaching special education to fully embracing entrepreneurial life. Katie speaks frequently at training events, schools and is also developing several business ventures. Among her successes, Katie credits her most rewarding role as that of mom to her 4 wild and fun-loving kids and fire-wife.

Logistics

- The workshop will be held on Wednesday April 26th from 7:00 - 8:30 pm at 600 Chapman Street, Canton, MA.
- Maximum of 8 in-person participants; unlimited virtual participants
- Cost: \$20
- Contact Tara Shuman (tarashuman@wildewoodeducation.com, 781-633-1901) or Katie Wood (simpleseedjournal@gmail.com) with any questions.

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