

FOR IMMEDIATE RELEASE
March 8, 2022

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Omega Women's Leadership Center Marks International Women's Day with 2022 Trainings to Help Women #DoPowerDifferently

Opportunities to Range from In-person Workshops in Rhinebeck, New York, to Short Format Virtual Classes & an In-depth 4-Week Course Online

RHINEBECK, NY—As groups around the world come together on International Women's Day to celebrate women's achievements and rally for gender equality, the **Omega Women's Leadership Center (OWLC)** is announcing several upcoming workshops and events aimed at accelerating women's leadership and inspiring women to Do Power Differently®.

“We are living through a critical time, in which women the world over still seek safety, equality, and the freedom to express themselves and contribute meaningfully in all spheres of life,” said Carla Goldstein, Omega Institute president and cofounder of the OWLC. “This year's theme for International Women's Day, Break the Bias, challenges us to imagine a world that's diverse, equitable, and inclusive. To get there will require individual, collective, and systemic work. We are leveraging our educational platform to give women the tools and support they need to forge the path to a world that works for everybody.”

For more than 40 years, Omega has provided interdisciplinary opportunities for human development across the lifespan with an integrated approach to personal growth and social change. The OWLC is an outgrowth of this work. Supported by a highly esteemed and international **advisory council**, the OWLC offers a variety of opportunities for women to strengthen their leadership at home, at work, and in the world.

2022 OWLC Programs:

In-Person at Omega Institute in Rhinebeck, New York:

Centering Leadership in Presence I & II: Drawing Power From What Matters in Challenging Times, with Rev. angel Kyodo williams Sensei, May 29–June 3. Scholarships available soon.

Financial Literacy & Beyond: Building Confidence in Your Relationship With Money, with Manisha Thakor, July 8–10. Scholarships available soon.

Get Rooted: Aztec Practices to Reclaim Yourself & the Wisdom of the Ancestors, with Robyn Moreno, August 26–28. Scholarships available.

The Omega Women's Leadership Intensive: Become the Kind of Leader the World Needs Now, with Mallika Dutt, Leslie Salmon Jones, Carla Goldstein, Sarah Urech, and Sharon Salzberg, October 16–21. Scholarships available soon.

4-Week Online Course:

Do Power Differently: A Women's Leadership Immersion, including 8 self-paced training modules and weekly live interactive sessions with Mallika Dutt, Carla Goldstein, Leslie Salmon Jones, Sharon Salzberg & Sarah Urech, April 25–May 20. Scholarships available soon.

Omega Teachers Studio Virtual Classes:

Women, Money & Power: Stepping Into Your Financial Future With Confidence, with Manisha Thakor, March 12, 2–4 p.m. ET

Leadership That Matters To and From the Core, with Rev. angel Kyodo williams Sensei, April 26, 7–9 p.m. ET. Scholarships available.

Divine Feminine: Learning to Love & Accept All Parts of Yourself, with Dr. Deganit Nuur, May 10, 7–9 p.m. ET

To learn more about the Omega Women’s Leadership Center, visit eOmega.org/OWLC and follow on [facebook.com/Omega.OWLC](https://www.facebook.com/Omega.OWLC), [#DoPowerDifferently](https://twitter.com/DoPowerDifferently) [#BreakTheBias](https://twitter.com/BreakTheBias) [#IWD2022](https://twitter.com/IWD2022) [#InternationalWomensDay](https://twitter.com/InternationalWomensDay)

About Omega Institute for Holistic Studies

Founded in 1977, Omega Institute for Holistic Studies is the nation’s most trusted source for wellness and personal growth. As a nonprofit organization, Omega offers diverse and innovative educational experiences that inspire an integrated approach to personal and social change. Located on 250 acres in the beautiful Hudson Valley, Omega welcomes more than 23,000 people to its workshops, conferences, and retreats in Rhinebeck, New York, and at exceptional locations around the world. eOmega.org

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