D.I.V.A. -- Distinction Is Very Appealing takes a holistic approach to providing an environment and opportunity to gain personal and professional insight; begin to craft a vision for career and personal success; develop a positive self-image through self-discovery; gain or enhance healthy self-esteem; promote self respect and the respect of others; build decision-making skills; develop interpersonal skills; and experience and incorporate peaceful behavior. Through a supportive and nurturing curriculum led by a highly committed and experienced life and relationship coach, program participants will be better able to clarity their life goals and objectives, and begin to develop a plan and strategy to achieve them.

The D.I.V.A. program is comprehensive and interactive four-part program series for women students. Each session, which lasts 90 minutes, provides a foundation for the session that follows. Participants are strongly encouraged to attend every session.

**Sessions include:**
1. Tools for developing healthy self-esteem
2. Uncovering and eliminating limiting beliefs
   - Creating a vision for your life
3. What I want to Do, Be and Have
   - My Values and What I Want to Be
4. My Life Purpose

**Dates:**
- September 8, 2011
- October 6, 2011
- November 3, 2011
- December 1, 2011

**Location:** King Hall, First Floor Lounge

**Time:** 6:30PM to 8:00 PM

**Sign-up by September 6, 2011**
Sign-up Sheets will be located at the Front Desks in the Residence Halls.

This program series is being presented by L.R.F. Consulting, Inc., and co-sponsored by the Center for Career and Professional Development and the Office of Residence Life and Housing.