

PopUp Mani by Dani Presents:

The Conscious **CREATOR**

10,000 HOURS WORKSHOP SERIES

BECOMING IN REAL TIME: THE REBRAND



www.startsteppingstones.com/theconsciouscreator.

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10,000 HOURS WORKSHOP BECOMING IN REAL TIME: THE REBRAND

OVERVIEW

10,000 Hours: The Rebrand Season is a restorative, empowerment-based workshop for individuals in a season of growth and transformation — the chapter where you're learning, evolving, and becoming in real time, even if the world hasn't caught up yet.

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This workshop is part of The Conscious Creator Series, based on my Conscious Creator Workbook, published February 2025, and is facilitated through PopUp Mani by Dani | PopUp Mani For A Cause — our business and community impact arms working together to make wellness, care, and personal development accessible through restorative nail-care, wellness experiences, and empowerment workshops.

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Versions of this training have been successfully facilitated with organizations such as:

- Brookview House (6-week summer youth program)
- The Dreamcatcher Initiative (Department of Youth Services programming)
- The Center for Hope and Healing (Youth Workforce Development Series)

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WHO THIS WORKSHOP SUPPORTS

This experience welcomes individuals of all ages, backgrounds, and identities who are seeking to redefine themselves and align with their next chapter, including:

- Survivors of adversity, trauma, or major life transitions
- Entrepreneurs and creatives in seasons of reinvention or growth
- Individuals exploring career, identity, or purpose shifts
- Community members rebuilding after change, loss, or new beginnings

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WHAT WE EXPLORE

- The 10,000 Hours concept — how identity and mastery are shaped through daily repetition and intentional practice
- The emotional and relational challenges of growth — when external life hasn't yet caught up to internal change
- How to create internal alignment that leads external transformation
- Releasing past versions of self with compassion and clarity
- The session includes a guided embodiment experience with music to help participants feel grounded and aligned. The workshop emphasizes reflection, community connection, resilience, and creative self-definition.

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WHY YOUR SUPPORT MATTERS

Your partnership helps ensure that:

- **Participants can attend regardless of financial circumstances**
- **Self-care gift bags include items that encourage confidence and well-being**
- **The environment remains restorative, uplifting, and community-centered**

Your contribution directly supports personal growth, confidence, agency, and empowerment across diverse communities.

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WAYS TO SPONSOR

You can support The Conscious Creator Series and 10,000 Hours: The Rebrand Season in the following ways:

1. **Sponsor Participant Seats — \$80 per seat (ensures community accessibility)**
2. **Sponsor “These Hands” Tees — \$25 Buy One / Gift One (each tee supports a participant + survivor)**
3. **Contribute Gift Bag Items — self-care, wellness, or personal development products**
4. **Provide Refreshments or Light Catering — help create a warm, nourishing environment**
5. **Collaborate as a Community Partner — offer space, funding, or shared programming opportunities**

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VALUE INCLUDED FOR PARTICIPANTS

Each participant receives:

- Guided empowerment workshop (2.5 hours)
- Journaling & reflection booklet
- Grounding + embodiment activity
- Creativity-based goal & intention-mapping exercise
- Personal affirmation / reflection card
- Self-care gift bag (sponsor-supported)
- Light refreshments
- [Start Here e-book](#)
- [“These Hands” tee](#) — a wearable affirmation created through PopUp Mani For A Cause
- Curated Apple Music playlist
- Pre-work reflection prompt

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ABOUT “THESE HANDS”

These Hands is a wearable affirmation from PopUp Mani For A Cause — the community arm of PopUp Mani by Dani in collaboration with Bare skin + beauty and Deco Beauty LLC. Proceeds of the tees allow PopUp Mani For A Cause to provide restorative nail-care and wellness experiences while also bringing empowerment workshops to individuals and families impacted by homelessness and domestic violence. Each shirt serves as both an empowering affirmation and a way to support PopUp Mani For A Cause’s ongoing community outreach and services.

Every Conscious Creator experience is powered by PopUp Mani by Dani | PopUp Mani For A Cause, a community-based **nonprofit service* offering restorative nail-care and wellness experiences for individuals and families impacted by homelessness and domestic violence, as well as at community events and other organizations.

Your sponsorships and purchases of These Hands Tees make this work possible.

These Hands Tees → popupmani4acause.com/tees

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FOR SPONSORS

This workshop meets participants in the middle of their transformation — when they are actively becoming who they are meant to be, in real time.

YOUR SUPPORT MAKES THAT GROWTH ACCESSIBLE, RESTORATIVE, AND COMMUNITY-HELD.

Organizational Note:

[PopUp Mani For A Cause](#) is incorporated as a nonprofit organization in Massachusetts. While we are not currently a 501(c)(3) tax-exempt organization, sponsorships and contributions directly support our empowerment workshops, community wellness services, and outreach programs through PopUp Mani For A Cause. Sponsors are publicly recognized as community partners and may classify their support as a marketing or partnership expense.

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THANK YOU FOR YOUR SUPPORT!

xoxo,

Dani

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