

What's Next?

Navigating Life's Transitions

Q1: Manifesting Your Purpose and Passion in Mid-life

One Journey Consulting and Featherstone Coaching collaborate to offer this quarterly program for anyone experiencing those mid-life blues and blahs.

First Quarter:
Saturdays, January 8, February 5 and March 5, 9am-3pm
Plus two teleconference calls

Whoever in middle age, attempts to realize the wishes and hopes of his early youth invariably deceives himself. Each ten years of a [person's] life has its own fortunes, its own hopes, its own desires.
~ Wolfgang von Goethe.

If you are somewhere in "mid-life" – that vast expanse between 35 and 65 -- chances are you are feeling some rumblings of dissatisfaction. Your job no longer holds the excitement or promise it once did. Your kids are leaving home or preparing to do so. Your primary relationship has settled into a comfortable but lackluster co-existence, or you've experienced a divorce. You may find yourself wondering:

- ✚ *Is this all there is?*
- ✚ *What's next for me? What do I do now?*
- ✚ *How do I (re)discover a sense of passion and purpose?*
- ✚ *How do I want to design the second half of my life?*
- ✚ *How do I uncover my unique gifts and contribution?*

Over the course of this 9-week program, with the guidance of experienced coaches and the support of fellow travelers, you will discover your answers to these questions.

Registration and Price:

- ✚ This workshop series will be held over three Saturdays, **January 8 and February 5 from 9-3, and March 5 from 9-1pm**. The series includes two teleconference coaching calls (dates and times tbd).
- ✚ Cost for the workshop, teleconference calls and materials is \$395. (A \$50 discount if paid in full by December 15).
- ✚ To reserve a spot, send \$150 to One Journey Consulting at address above, or enroll and pay in full at our web site www.OneJourneyConsulting.com/Calendar. For more information, email info@OneJourneyConsulting.com or call 508-276-1764.

Facilitators:

- ✚ Renée Cooper is a Harvard-educated executive coach and workshop leader. She has been teaching leadership and personal growth in 1-on-1 and workshop settings for over 17 years. She is the founder of One Journey Consulting. (www.OneJourneyConsulting.com).
- ✚ Debra Hickok is a professional life coach and founder of Featherstone Coaching (www.featherstonecoaching.com). She is certified through the Coaches Training Institute and the International Coaching Federation. Debra is also a trained True Purpose and Deep River facilitator, in which she supports clients in living more purposeful lives.