

New Workshop!

LIFE TRANSITION SERIES:

Finding Your Own Way... led by Richard Leider



No matter what age we are, we all navigate life transitions... We experience changes in our career, marital status, and family structure. Our own health, and that of our aging parents, requires us to plot a new course. Our government leadership is changing, as is the economy. How do you find your own way through those transitions?

Best-selling author and one of the country's Top Five Most Respected Executive Coaches (Forbes Magazine), Richard Leider has designed a series exclusively presented at The Marsh, that will help you find your way through life's transitions. Join us for this small group coaching experiential, which will include the following sessions:

Being in Transition - Wednesday, October 8

Continental Breakfast and Networking: 7:30 – 8:00 a.m.,

Program: 8:00 – 10:00 a.m.

What makes you want to get out of bed in the morning? With so many of us in transition these days, the answer to that question seems increasingly difficult to answer. This session helps you discover the power of purpose... a clear answer to the question.

This session will help you:

- Discover your purpose
- Clarify your natural gifts and passions
- Discover new ways to navigate transitions

Staying On Purpose – Wednesday, November 5

Continental Breakfast and Networking: 7:30 – 8:00 a.m.

Program: 8:00 – 10:00 a.m.

Are you feeling overwhelmed – weighed down by too much to do and chronic distractions and busyness? This session helps you to “lighten your load” and find new energy and engagement. This session will help you:

- Balance your life
- Create practices for better focus and energy
- Create a Life Map for day-to-day self-guidance

Saving and Savoring the World – Wednesday, January 7

Continental Breakfast and Networking: 7:30 – 8:00 a.m.

Program: 8:00 – 10:00 a.m.

Our culture offers precious little guidance on finding our way in the second half of life. Part of the problem is that we lack a clear picture of what we are meant to be doing during our second half. This session will discuss possible answers. This session will help you:

- Make meaning in the middle years and beyond
- Learn the art of choosing well
- Move beyond the drain of indecision

THE DETAILS:

Who: This program is for anyone who is:

- Yearning for a sense of purpose
- Willing to address and share their life's challenges
- Serious about developing blue prints for transition
- Who is navigating transitions (career, second half of life, caregivers, medical)
- Looking for a community

Where: The Marsh, A Center for Balance and Fitness, 15000 Minnetonka Blvd. Minnetonka, MN 55345

Cost: Three-session series: Members \$300, Non-members \$360 (reflects a 20% discount when you register for all sessions before the start of the first workshop). Per session (only if space is available): Members \$125, Non-members \$150

To Register: Call 952-935-2202. Space is limited to 40 people per session to ensure coaching experiential goals. First come first served. Those people who register for the series will receive space preference.

