



## TRANSITIONS R US: CONVERSATIONS WITH PAT

### Unlocking Creative Potential

“An opportunity to deepen your understanding of ‘conscious ageing’  
“ the enterprise of embracing the blessings of this time and overcoming the burdens of it. That is the spiritual task of later life”. Joan Chittister

The gift of longevity provides ample opportunity to not only grow old, but to grow whole. Dr. Carol Orsborn

**Pat’s Conscious Aging dialogues offer a safe space to:**

- **EXPLORE** the gifts of aging and benefits of Elderhood
- **EXPAND** awareness of self and purpose as life evolves
- **ACKNOWLEDGE** acquired wisdom through harvesting life experience
- **CELEBRATE** your life’s journey and ponder questions of legacy
- **CONNECT** with others within a small group setting, building community

**I am:**

- **An experienced facilitator of spirited small group conversations**
- **A supporter of participants who explore life experiences**
- **A creator of safe space for relating reflective stories of living**
- **A builder of a community of active wisdom explorers**
- **A strong practitioner of Conscious Aging inspirations**

**Contact Pat: 604-684-4132 - [patsvision@uniserve.com](mailto:patsvision@uniserve.com) - [www.patsvision.com](http://www.patsvision.com)**

- To plan a series: 4-6 weeks
- To book Individual sessions
- Rates: available upon request

Conversations with Pat is a Tell-A-Vision Productions program. Our vision is to build a community of individuals living lives of active wisdom. Wit and wisdom towards personal passion and renewal for our next life chapter is the desired outcome.

