

New Chapter, New Life series

Goals:

1. Offer opportunities to review lives with a view to reframing them.
2. Create opportunities for dialogue as participants move forward with their lives.
3. To help participants recognize and reconnect with parts of themselves that are latent and longing for life.
4. To explore the idea of community at this time of life.

Components:

1. Focused conversations
2. Life mapping, vision boards, letter to self
3. Speakers
4. Use of Peer Spirit techniques
5. Resource building
6. Journal writing(journal provided)

Summary

How do you want your life story to evolve? How will it look, feel? This course offers participants the opportunity to explore identity and continued contribution, while honoring shared wisdom and experience. Unlocking the creative potential available to us all happens through focused inspired conversations, life map-making and creation of vision boards. My intent is to embrace reflective stories of living and thriving in the Third Age and beyond. Join our community of passionate explorers in living well in the next chapter of our lives. Journal included.

Module

This module is planned for 6 weeks. Other options using some components of the course are described in the Services section of my website.