



PLACE
STAMP
HERE

CHANGE IS INEVITABLE

Research tells us that even changes we welcome take their toll on our bodies in terms of stress.

IT'S ABOUT TIME: TRANSITIONS will provide you with powerful tools that will help you take charge of the changes in your life.

In some cases that may mean accepting what comes your way—and in others it may mean taking steps to alter your course.

Bette Moore
223 Wharf Street
Brookings, OR 97415



IT'S ABOUT TIME

TRANSITIONS:

A Workshop in Six Sessions



*If you are facing any of these life transitions, **It's About Time** will help you focus your goals and take simple steps toward making them your reality:*

- ⇒ Leaving high school for college, career, or the unknown . . .
- ⇒ Thinking about your next steps after college . . .
- ⇒ Making decisions during or after divorce or death of a spouse . . .
- ⇒ Facing changes in your career path . . .
- ⇒ Adjusting to an empty nest . . .
- ⇒ Dealing with addictions – yours or those of someone else . . .
- ⇒ Entering your retirement years . . .

TRANSITIONS

A Workshop in Six Sessions

- Session 1: The Journey: Your Personal Profile
- Session 2: Charting Your Course and Dealing with Change
- Session 3. Managing Stress and Nourishing Your Soul
- Session 4: Moving Forward in “Real” Time
- Session 5: Creating Capacity in Time and Space
- Session 6: Commitment and Signs Along the Way

INDIVIDUAL sessions designed to meet your particular needs may be scheduled at your convenience.

First session: \$25
Follow-up sessions: \$10

Call Bette at (541) 251-3252 to schedule

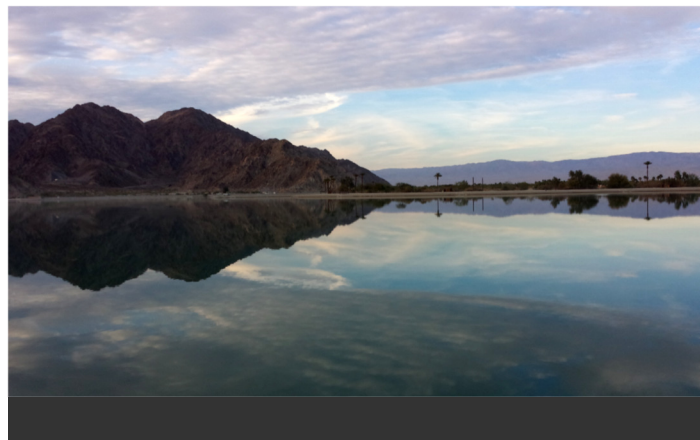
You cannot live the afternoon of life according to the program of life's morning; for what was great in the morning will be little in the evening, and what in the morning was true will at evening have become a lie.

Carl Jung

What people have said about

It's About Time

- ◇ “It will awaken your awareness.”
- ◇ “It's FRESH! New ideas!”
- ◇ “ flexible format and time to process my own thoughts.”
- ◇ “Inspiration to move forward with confidence.”
- ◇ “Awesome adult education ...”
- ◇ “Active and inspiring!”



Contact

Bette Moore

223 Wharf St. Brookings, OR 97415
49305 Hwy. 74 #183 Palm Desert, CA 92260

(541) 251-3252
bette@leadership2020.org

www.bette.edublogs.org

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