

Life = Change

How Is Change Affecting Your Life Right Now?

Career Change ~ Empty Nest ~ Divorce
Moving ~ Health Issues ~ Death ~ Dating
Menopause ~ Children ~ Elderly Parents
Global Events ~ Personal Development

Life Transitions: Rediscovering the Spark Within

January 20-22, 2017

Goodwill Columbus, 1331 Edgehill Road
Columbus, Ohio

DURING THIS nurturing, experiential three-day workshop, you will be challenged to step toward and embrace the life you want! Whether you have changed inside, but the rest of your life has not... or your life has turned upside down and you don't know which way is up... or you simply see change on the horizon and want to be ready — this workshop will invite you to explore how to:

- Find peace amid the chaos
- Spend less time being stressed
- Get back to balance faster
- Speak your truth to anyone
- Stop being hard on yourself
- Ask for help when you need it
- See beauty in the challenge

To register: <http://bit.ly/2dxW2Lw>

For more information, call 614-558-1141



About the Facilitators

MARY MACKENZIE, MA, CNVC Trainer, is the author of *Peaceful Living: Daily Meditations for Living with Love, Healing and Compassion*, executive director of Peace Workshop International and co-founder/lead trainer of NVC Academy.

KATHLEEN MACFERRAN is a Center for Nonviolent Communication (CNVC) Certified Trainer / Assessor and owner of Strength of Connection. She authored and conducted *Giraffe Tales*, a children's story CD set to music.



WORKSHOP SCHEDULE

Friday-Sunday..... 9:30am-4:30pm

WORKSHOP FEES (USD)

Early Bird (*until 12/30/16*)...\$315 / each

Standard (*after 12/30/16*).... \$395 / each

Multiple Person Discount 10% Off

*NOTE: Includes all sessions, materials,
and lunches for all three days.*

*Lodging and other meals
are not included.*

This workshop will be using the frameworks of *Nonviolent Communication* and William Bridges' *Managing Transitions* work.