

From Chaos to Clarity ***Making Loss a Springboard for Success***

Has the recent stock market instability jeopardized your life savings or plans?
Are you facing a home foreclosure or losing a business?
Are you worried about what the future holds for you?
Are you confused or feeling hopeless about your career and next steps?
Have your relationships been impacted by the loss of income or opportunity?

If you answered yes to any of the questions, you aren't alone. During this time of global chaos, this workshop is designed to get you back on your feet with tools and techniques to redesign your life and career. Using a personal self assessment, you'll determine priority areas and restructure your life from the inside out. You'll redesign your work-life with a focus on thriving and transformation in uncertain times.

You'll establish goals using a work-life model to develop a sustainable life that:

- Transforms losses to gains by identifying and exploring new opportunities
- Adds value to current marketable skills
- Determine a target niche to excel within
- Find renewable energy to face times of challenge
- Feel connected and supported
- Rediscover your passion and purpose every day

You'll leave with a plan based on your personal values using your inner strengths and core beliefs.

Activities and discussion will include:

- Analyzing your current situation--re-examining what really matters
- Learning from mistakes—how did this happen to me?
- Clarifying and aligning self with values, integrity and spirit
- Developing coping skills that focus on changing attitudes and expectations
- Harnessing your resilience and flexibility
- Redefining success while rediscovering your passions
- Strengthening your inner core to face challenging times
- Learning how to get the support you need from relationships and community
- Establishing a healthy relationship with money using your authentic values
- Restructuring your life using a new work-life model that is flexible and continually evolving