



Our Mindsets Affect Transitions. Make Yours Easy!

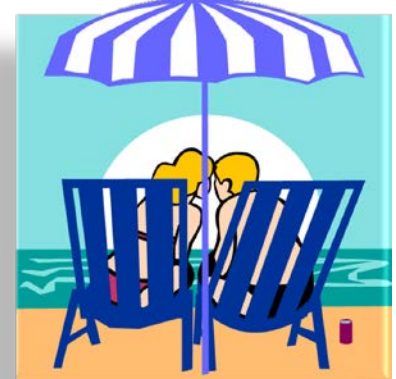
Many people find transitions are smoother when they have help processing new perspectives. A chance to explore potential hindrances, and craft solutions to them in advance of actual issues, make them easy to address.

Our Transitions programs are designed to do this for many of the transitions individuals experience during life.

We spend many years defining ourselves as parents, working parents, or our child's Mom or Dad. While we will always be parents, when the nest is empty, we can struggle with our personal identity. Often, we have put aside our desires and goals so long that even we do not remember who we truly are. In earlier generations, this transition affected women more than men. That is shifting, as many fathers in younger generations are more involved.

At Empty Nest, you will learn:

- *The type of mindsets that will serve you best in the coming years*
- *Methods to reduce fears and worries*
- *Rediscovering who you are*
- *Enjoying your freedom*
- *Developing relationships with your adult children*
- *How to satisfy the desire to have meaning in your life*
- *To avoid common issues that can make couples lose that loving feeling*
- *Practical tips on getting reacquainted with your partner (or entering the dating scene)*



Program Dates & Locations

Register now to reserve your space. See our list of courses for details. A small deposit holds your reservation and any price discounts for which you qualify. See Form DCT for specifics including guarantees, disclosures, cancel., etc.

