



## Our Mindsets Affects Transitions. Make Yours Easy!

Your mindset as you relocate has a tremendous impact on how the years will unfold. Many people find transitions are smoother when they have help processing new perspectives and a chance to explore potential hindrances and craft solutions in advance of situations.

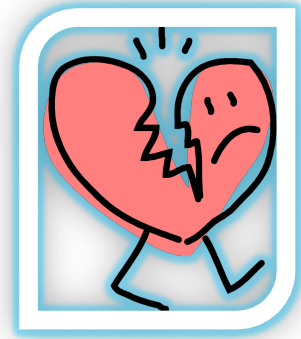
Our Transitions programs are designed to do this for many of the transitions individuals experience during life.

Being single again can be a challenge regardless of what brought about that state. Often, our former view of our future has been shattered by the change in status—whether it was our desire or not, whether it was through ending a relationship or death—a change in status can be tough. There are techniques and mindsets that can make the transition easier and reduce or eliminate the painful feelings.

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### At Single Again, You Will Learn:

- *What causes the pain of heartache and how to cure it*
- *Learning to love yourself*
- *Mindsets that will help you enjoy your new status*
- *Effectively using or developing your support network*
- *Maintaining relationships with in-laws and outlaws*
- *Helping your family through the transition*
- *Being complete alone*
- *Mindsets that will make your next relationship the best ever*
- *Enjoying the freedom to redefine yourself without a partner's resistance*
- *If you remain the same, your next relationship will be different a face, but the same essential relationship*



## 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.

