THE NEXT PHASE

Benefits

In a supportive environment, you will:

• Re-examine old dreams or interests that have been put aside
• Explore your life experiences
• Reflect on the impact of others on your choices
• Incorporate goals for physical and psychological health in your exploration
• Learn how to release from past involvements and preoccupations
• Integrate new choices and directions with your significant others
• Explore your style of dealing with change
• Learn planning techniques that produce positive results

This unique program will help participants understand the strategies of a good transition through provocative and multidisciplinary activities. Participants will be introduced to and encouraged to develop personal tools to make transitions successfully and with assurance, leading to new and more satisfying outcomes.

Moving through significant shifts in life affords a rare opportunity: to consider new options, to take stock of accomplishments, and to develop an exciting future. However, as with all transitions, this is often a time fraught with uncertainty, reluctance to let go of the familiar, and questioning of what comes next. Participants will look at their life histories, and then individually and collectively look at values, wishes, and desires for the next step in their lives.

Participants will learn to envision a broader range of possibilities, and to examine the advantages and drawbacks of having a wide variety of choices. This will provide an opportunity to look at individual styles of dealing with change, paying attention to support mechanisms and obstacles to success, and how to stay in dialogue with others during the journey through transition.

The workshop will include individual and small group exercises, as well as whole group presentation and discussion. Not only will the focus be on the work within the program, but attention will be paid to how participants can support the process of transitioning successfully in the future as they leave the workshop and re-enter life.

Participants

This program is for those facing a major transition, whether this change is planned by choice or imposed by circumstance. It is also recommended for coaches supporting the transition of others. The program is open to people from all walks of life.

For those in a committed, intimate relationship, it is strongly urged that both partners attend.