

# Refocusing

Managing Chapters  
and Navigating  
Life Transitions

*With Deeta Lonergan, Nationally Certified Counselor  
and Career Development Facilitator Instructor*

Based on the Life Launch model of Frederic Hudson

**E**ach turning point in our lives offers the option to examine life priorities. Sometimes it feels more like a crisis than an invitation. Whether change is planned or thrust upon us, a rare opportunity exists to reflect on where we've been and to re-craft and seize the possibilities for our lives at this time. Refocusing is a two day seminar that provides the framework, process, and tools to guide you through the years ahead with vision and thoughtful planning.

## *Identify your compelling sense of purpose for the next few years.*

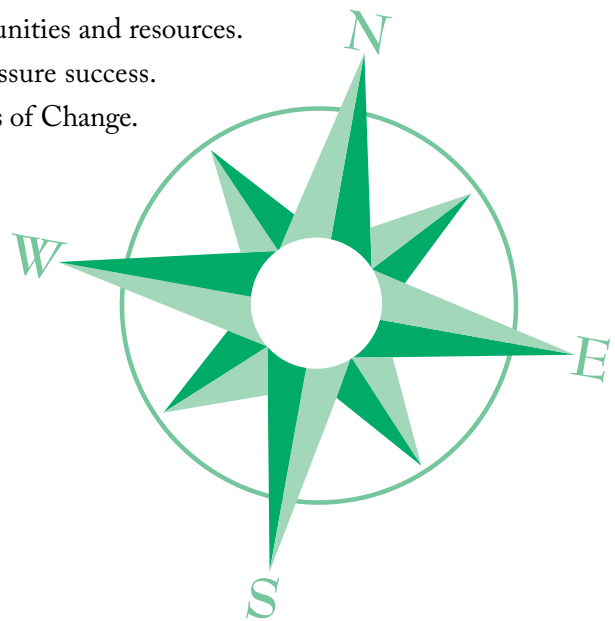
- Tap new energy and vision for high performance.
- Connect your core beliefs to a balanced life schedule.
- Continually renew yourself in a changing workplace.
- Link your personal and professional goals to new opportunities and resources.
- Develop a future plan with the specific action steps to assure success.
- Understand the Adult Renewal Cycle and the Four Phases of Change.
- Experience personal renewal and learn how to sustain it.

## *Fall 2018 Seminar:*

**Thursday and Friday, Nov. 8 and 9, 2018  
9 a.m. to 5 p.m.**

Seminar cost is \$495. Includes materials and follow-up session.

**For more information, registration, and additional seminar dates, call 907.274.4500 or visit [www.careertransitions.biz](http://www.careertransitions.biz)**



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**Counseling — Training — Facilitating — Coaching**

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