

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

Each 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.

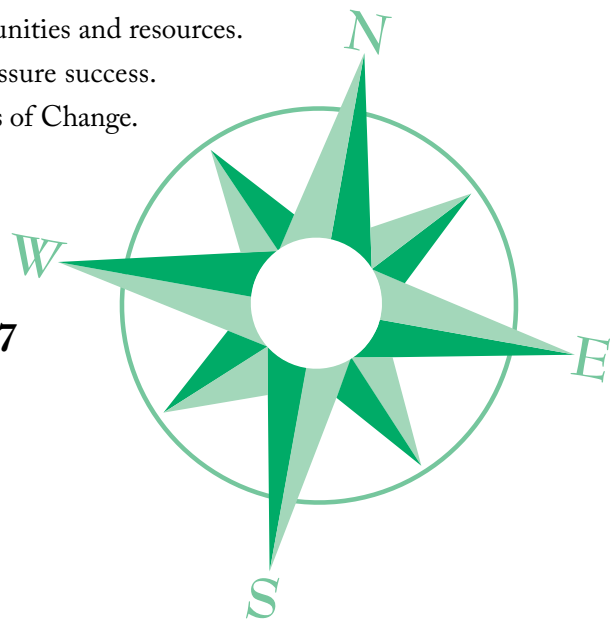
- Tap new energy and vision for high performance.
- Connect your core beliefs to a balanced life schedule.
- Continually renew yourself in a changing workplace.
- Link your personal and professional goals to new opportunities and resources.
- Develop a future plan with the specific action steps to assure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

Summer 2017 Seminar:

**Thursday and Friday, May 25 and 26, 2017
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**



Counseling — Training — Facilitating — Coaching

Career *Transitions*

4141 B Street, Suite 308 • Anchorage, AK 99503
Phone: 907.274.4500 • Fax: 907.274.4510
deeta@alaska.net • www.careertransitions.biz