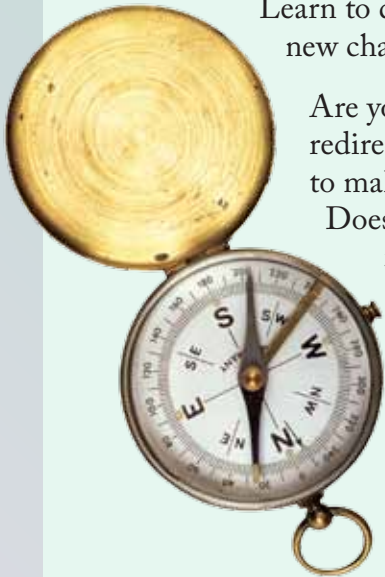


# Refocusing

## Mastering the Art of Self-Renewal

with Deeta Lonergan, Nationally Certified Counselor  
and Career Development Facilitator

Based on the Life Launch model of Frederic Hudson



Learn to dream new dreams and launch new chapters in your life.

Are you searching for enrichment or redirection in your life? Do you want to make new dreams into realities? Does the complexity of life get in the way of focusing and action?

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.

### Summer 2010 Seminars

(Choose from one of these dates)

May 6 & 7 or July 22 & 23

Seminar hours Thursday and Friday, 9:00 a.m. to 5:00 p.m.

\$525 includes materials and follow-up session.

- 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.
- Develop leadership to embrace new challenges.
- 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.

For more information, registration, and additional seminar dates,  
call 274-4500 or visit [www.careertransitions.biz](http://www.careertransitions.biz)

**Counseling—Training—Consulting—Coaching**

2600 Denali Street, Suite 430, Anchorage, AK 99503

Career *Transitions*

Phone 907.274.4500 • Fax 907.274.4510 • Email [deeta@alaska.net](mailto:deeta@alaska.net)  
For more info and registration call 274-4500  
or visit [www.careertransitions.biz](http://www.careertransitions.biz)