

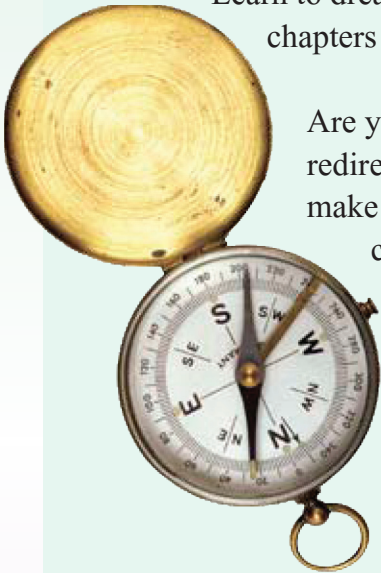
Refocusing

Mastering the Art of Self-Renewal

with Deeta Lonergan, Nationally Certified Counselor
and Career Development Facilitator Instructor

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.

Spring 2012 Seminars

(Choose from one of these dates)

February 23 & 24, 2012 ■ April 26 & 27, 2012 ■ May 24 & 25, 2012

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

\$495 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

Counseling—Training—Consulting—Coaching

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