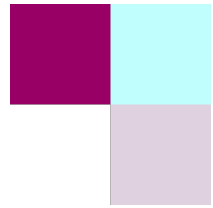




Finding Purpose Within



Class Offering: Discovering Purpose After Life Changes

Introduction:

Are you an empty nester or going through a divorce, facing a new chapter in your life? Our coaching classes are designed to help you navigate this transition and rediscover your sense of purpose. Join us on a journey of self-discovery and empowerment!

Class Structure:

1. Session 1: Embracing Change

- Understanding the emotions associated with life changes.
- Identifying challenges and opportunities.
- Setting the stage for personal growth.

2. Session 2: Reflecting on Values

- Exploring personal values and priorities.
- Connecting values to long-term goals.
- Aligning your life with what truly matters to you.

3. Session 3: Rediscovering Passions

- Reconnecting with hobbies and interests.
- Exploring new activities and experiences.
- Reigniting your inner spark.

4. Session 4: Goal Setting for the Future

- Defining short-term and long-term goals.
- Creating a roadmap for personal and professional growth.
- Building a vision for your future.

5. Session 5: Building Resilience

- Developing coping strategies for challenges.
- Cultivating a positive mindset.
- Nurturing emotional well-being.

6. Session 6: Crafting a New Narrative

- Examining and reshaping personal narratives.
- Empowering yourself through self-compassion.
- Embracing a positive and forward-focused mindset.

7. Session 7: Action Planning and Moving Forward

- Creating a personalized action plan.
- Setting achievable milestones.
- Celebrating progress and embracing the future.

Pricing:

The complete **7-session coaching package** is available for **\$349**. Each session is **45 minutes** long and is conducted in a supportive and confidential cohort setting. **Flexible scheduling options** are available to accommodate your needs.

Enroll Today and Rediscover Your Purpose!

Embark on a transformative journey with our coaching sessions to find clarity, purpose, and fulfillment in this new chapter of your life. Contact us to schedule your first session and take the first step towards a more empowered and purposeful future!

