

# Life Strategies: Navigating Personal and Professional Transitions (Formerly Next Phase)

Dates **September 19-22, 2010**  
**Begins Sunday, 3pm**  
**Ends Wednesday, 12 noon**

Fee **\$695**  
**GISC Members: \$645**

CE hours **22**

Faculty **Katherine Greenleaf, JD, and Mary Anne Walk, MS, MBA, MCC;**  
**Additional faculty drawn from: Sonia March Nevis, PhD, Edwin Nevis, PhD,**  
**Deborah Stewart, MSW, Jamie Stewart, MBA, Anne Tarlton, MA,**  
**Marcy Crary, PhD, and Joyce Wheeler, JD**



This unique program will help participants understand the strategies of a good transition through provocative and multidisciplinary activities. Participants will be introduced to and encouraged to develop personal tools to make transitions successfully and with assurance, leading to new and more satisfying outcomes. Moving through significant shifts in life affords a rare opportunity: to consider new options, to take stock of accomplishments, and to develop an exciting future. However, as with all transitions, this is often a time fraught with uncertainty, reluctance to let go of the familiar, and questioning of what comes next. Participants will look at their life histories, and then individually and collectively look at values, wishes, and desires for the next step in their lives. Participants will learn to envision a broader range of possibilities, and to examine the advantages and drawbacks of having a wide variety of choices. This will provide an opportunity to look at individual styles of dealing with change, paying attention to support mechanisms and obstacles to success, and how to stay in dialogue with others during the journey through transition.

The workshop will include individual and small group exercises, as well as whole group presentation and discussion. Not only will the focus be on the work within the program, but attention will be paid to how participants can support the process of transitioning successfully in the future as they leave the workshop and re-enter life.

## Benefits

Participants will:

- Re-examine old dreams or interests that have been put aside.
- Explore their life experiences.
- Reflect on the impact of others on their choices.
- Incorporate goals for physical and psychological health in their exploration.
- Learn how to release from past involvements and preoccupations.
- Integrate new choices and directions with their significant others.
- Explore their style of dealing with change.
- Learn planning techniques that produce positive results.

## Participants

This program is for those facing a major transition, whether this change is planned by choice or imposed by circumstance. It is also recommended for coaches supporting the transition of others. The program is open to people from all walks of life. For those in a committed, intimate relationship, it is strongly urged that both partners attend.



ICF has certified this course for 10 personal development hours and 11.5 other hours..

*“My husband and I attended the transition seminar at GISC to try to figure out what we wanted to do with the next phase of our lives. The seminar, the skilled leaders, and our colleagues in the various sessions helped us focus on our skills and how we could parlay them into useful activities to ourselves and to our community. We thoroughly enjoyed the camaraderie that developed over the few days of our participation. Thank you for creating an environment that could foster such development.”*

Bette Kindman-Koffler

# Application

Life Strategies: Navigating Personal and Professional Transitions

September 19-22, 2010



Name: \_\_\_\_\_ Male:  Female:

Company Name: \_\_\_\_\_ Position: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Province/Postal Code/Country: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Mobile Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Current Profession: \_\_\_\_\_

Life Strategies: Navigating Personal & Professional Transitions

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How did you hear about this program? \_\_\_\_\_

If by referral, from whom? \_\_\_\_\_

Program Title: \_\_\_\_\_

Date: \_\_\_\_\_ Fee: \_\_\_\_\_

I am a GISC Member:  I would like to join GISC:  \$125/year

Invoice my organization:  \_\_\_\_\_

I have enclosed a check or money order payable to GISC (US funds only):

Charge my: Visa  Mastercard  American Express

Name as it appears on card: \_\_\_\_\_

Signature: \_\_\_\_\_

Account Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Mail or fax along with your payment to: **GISC, PO Box 515, South Wellfleet, MA 02663-0515, USA**