

Surviving and thriving life's transitions together

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Family Transitions Coaching Newsletter

Enlightenment from a Keychain

I found my resolution for the year in a small, beautiful keychain I found for my sister over the holidays. On one side was the statement

Love the Life you Live.

And on the other

Live the Life you Love.

Wow! A simple, elegant message which encapsulated not only my ideal approach to life but also the reason I provide coaching for women in transition. As an EN Mom, I knew first-hand the struggles so many of us feel when our children leave, plagued with all of those questions about what will become of us now that our roles and focus are changing so much. But I am also a strong believer in the potential of women and their power to create their own purposeful, fulfilling lives. As I spent days saying it over and over to myself, gaining more insight, understanding, and excitement, I knew that this was it, not only how I wanted to live but also what I hope to bring to those I work with.

Inspired, I have pulled together some of the leading psychological theories on happiness and well-being as well as exercises I have used successfully with many of my clients, putting together a program so that, together, we can work on achieving everything this keychain stands for – *living the life we love, and loving it*. Through discussions, weekly readings, and self assessments, we will

Evaluate our current lives as well as areas where there are gaps between the life we are now living and our ideals – those areas where we may want to make changes to increase our levels of satisfaction and happiness.

Identify, appreciate & begin to use our strengths to create lives of purpose and fulfillment.

Examine and challenge what hold us back, our "gremlins", self-doubts, negative thoughts; can begin to move forward.

Identify and develop the steps to begin creating our more fulfilling and happy life.

Have fun and get to know each other.

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While this program can be done on an individual basis, since one of the issues empty nest mothers discuss is how hard it is to make friends at this stage in life, I thought it would be great to conduct these "workshops" as group conference calls, allowing members to truly get to know someone else in a similar stage in life. That kind of support and connection can make a real difference as we step out to move forward. Groups will be limited to no more than 10, with the first group beginning later this month.

The costs for the program, which includes all of the materials, the opportunity to work with a professional coach, and a keychain for all who complete the program, will be \$125. I am really excited about the potential of this program on so many levels and invite you to contact me if you're interested in participating in one of the upcoming groups.

P.S. If you're not interested in participating in the program and earning one of these marvelous Tamara Hensick keychains, but it still speaks to you, you can purchase it at <http://laurenvisco-store.stores.yahoo.net/tahelililoke.html> .