



Emptynesta

FROM EMPTY NEST TO LIVING YOUR BEST

How to find meaning and purpose again

A 4 -WEEK GROUP LIFE COACHING & SUPPORT PROGRAMME

As women we experience many life stages...our education, career paths, perhaps marriage, and raising a family. There is an important time between raising children and retirement that is often overlooked - the empty nest years. Life changes significantly when our children leave home. And although it is often an emotionally difficult life stage, it's the perfect time to take care of **YOUR** needs, a time for self-reflection, nurturing and growth.

This workshop by certified professional life coach Linda Sparks provides a safe space to learn, grow, plan, and bond with other women experiencing the same life phase. The support and tools on offer will help you make this time an exciting one, discovering a new purpose, cultivating relationships, establishing personal goals or embarking on a new career.

There will be a 90 minute group session each week where, Linda will cover a range of topics and practical exercises to support you in embracing this new chapter with enthusiasm and positivity.

Please contact Linda to book your spot as groups are kept small and personal.

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CONTENT:

Week one - Taking care of your emotions
Week two - Relooking at your identity and purpose
Week Three - Your vocation and dreams for your future
Week Four - Relationships - friends, partner and adult children

This workshop is for all women for whom empty nest is approaching as well as for those whose children have already left home.

TESTIMONIALS

We discovered that going from "empty nest to living our best" is a mindful process of creating space for new things. The exercises helped us to engage in the process playfully and thoughtfully in a supportive, encouraging environment. - Alison

This course was empowering and allowed me to see the possibility of an exciting, rewarding time beyond motherhood - Toni

I found it useful for recognising that the new era is a positive one.... to celebrate that we have done a good job.... I enjoyed the exercises which encouraged us to reflect on our values and our dreams for moving forward.... it was a good way of engaging in the new journey and seeing it as a process and a fun ride! - Carol