



*Teaching women to be successful  
With their money, their health,  
Their time -- their lives.*

**Wisdom. Inspiration. Support. Empowerment.**

## **WISE LIFE MASTERY CIRCLES - Women in Transition**

What's the one change you know would make your life MUCH better?? Are you ready to make real change as we enter 2011? Have you had it with the stale and (let's be honest....not so effective) New Year's resolutions of years past, and actually want to make something happen this year? Do you want to make 2011 your best year yet, and get you on the path to the future you dream of?

Transition can mean many things...a job change, losing a loved one, getting married or divorcing, achieving a dream, finally getting a handle on your personal finances, or having a child just to name a few. All of these are major life events which impact us in big ways. Often, we don't realize how much they impact us, or what we need to make the transition successfully and gracefully, or do so in a way that will sustain it, and nurture us.

The Women in Transition Circle is for you if you are a woman who:

- knows there is a change in your life you need to make, but you are reluctant or hesitant to make it.
- is on the verge of consciously stepping into major transition, and know you could use some support.
- yearns for something more meaningful in your life, but you don't yet know what that looks like.
- has just been forced into a change not of your choosing, and you are grappling with the feelings, emotions, implications, and next steps.

*Wise Workshops, LLC*

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## Wise Workshops Life Mastery Circles

### Women in Transition

If you going through a transition, and want to make great strides in your life as you step into 2011 please join the Wise Workshops Women in Transition Wise Life Mastery Circle. Participation includes four 90-minute group workshops, and two 30-minute individual coaching sessions per participant. Space is limited.

Program details: Saturdays 10:00 am -11:30 am

February 12, 26, March 12, 26 2011

Durham NH 03824

Plus two Individual coaching sessions with Julie

Introductory rate - \$249 if registered before 2/1/2011; \$299 full rate

To register or for more information contact [Julie@wiseworkshops.com](mailto:Julie@wiseworkshops.com)



Julie Haggerty Southworth – Workshop leader and coach has worked as a Trainer, Facilitator, Manager, Senior Consultant, and HR Director. Her experience teaching and facilitating hundreds of groups allows her to draw out the group’s collective genius, wisdom, innovation, and creativity. When coaching, Julie remains a steadfast anchor through a small change or a total transformation. She helps each woman chart a personally rewarding course, courageously explore possible paths to get where she wants to go, hone in on the “real issues” holding her back from success, and alter direction when necessary.

Julie’s insight and intuition allow her the tools to guide each woman to success. As a working and devoted single mother, singer and musician, and lifetime advocate of social justice and environmental causes, Julie is dedicated to helping others realize their dreams and aspirations.