

# Life = Change

## How Is Change Affecting Your Life Right Now?

Career Change ~ Empty Nest ~ Divorce  
Moving ~ Health Issues ~ Death ~ Dating  
Menopause ~ Children ~ Elderly Parents  
Global Events ~ Personal Development

### Life Transitions: Rediscovering the Spark Within

May 15-17, 2015

at the DoubleTree Hotel ~ Missoula, Montana

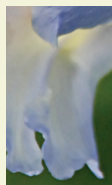
**D**URING THIS nurturing, experiential three-day workshop, you will be challenged to step toward and embrace the life you want! Whether you have changed inside, but the rest of your life has not... or your life has turned upside down and you don't know which way is up... or you simply see change on the horizon and want to be ready — this workshop will invite you to explore how to:

- Find peace amid the chaos
- Get back to balance faster
- Stop being hard on yourself
- See beauty in the challenge
- Spend less time being stressed
- Speak your truth to anyone
- Ask for help when you need it

Register today at ~

[www.innerworkingsresources.com/2015retreat](http://www.innerworkingsresources.com/2015retreat)

Or Aimee Ryan, 406-461-5135 / [aimee.m.ryan@gmail.com](mailto:aimee.m.ryan@gmail.com)



#### About the Facilitators

MARY MACKENZIE, MA, CNVC Trainer, is the author of *Peaceful Living: Daily Meditations for Living with Love, Healing and Compassion*, executive director of Peace Workshop International and co-founder/lead trainer of NVC Academy.

KATHLEEN MACFERRAN is a Center for Nonviolent Communication (CNVC) Certified Trainer / Assessor and owner of Strength of Connection. She authored and conducted *Giraffe Tales*, a children's story CD set to music.



#### WORKSHOP SCHEDULE

Friday ..... 3:30-9:00pm  
Saturday ..... 10:00am-5:00pm  
Sunday ..... 10:00am-4:00pm

Workshop Fee (USD) ..... \$225/person  
Early Bird (ends 4/17) ..... \$199/person  
Bring-a-Friend Discount .. \$215/person

For lodging options in Missoula,  
contact Aimee Ryan: 406-461-5135  
or [aimee.m.ryan@gmail.com](mailto:aimee.m.ryan@gmail.com)

This workshop will be using the frameworks of *Nonviolent Communication* and William Bridges' *Managing Transitions* work. If you are an LCSW, LCPC, LMFT, LAC, or a licensed MT educator, this workshop qualifies for 14 professional continuing education credits.