



Change is something that happens. Transition is how we make meaning of that something.

Re-Inventing Yourself: A 4-week Tele-class Intensive

This course is designed to allow you to:

1. Understand the anatomy of a transition, the unique and often predictable process we go through during a change.
2. Learn and experiment inside of the support and sufficiency of community.
3. Apply the 4 stages of grieving to your transition.
4. Develop your ability to intervene in the transition stage you are operating in to move forward.
5. Discover ways of understanding and working with the sensations of transition using body mapping.
6. Distinguish context as a powerful way to actually unleash the power of your transition to fuel what is next for you.
7. Create and implement those strategies that will propel you forward in your journey.

For anyone going through a transition, experiencing a change, or looking for their next opportunity

WHEN: Wednesdays, February 2, 9, 16, and 23 from 12-1:30 pm Eastern time.

HOW: There will be four meetings over the course and *you must be able to attend three of the four to register.*

WHERE: We will meet on a conference line. Each call will be recorded and you will have access to that recording within 48 hours of the live call.

PRICE: The fee will follow the Seven Stones pricing model where you will choose to pay either: \$199 for investment in, \$149 for valuing of or \$99 for honoring this work.

TO REGISTER OR LEARN MORE: Contact Shea Adelson at shea@sevenstonesleadership.com or 617.501.4669 for questions. To register go to www.sevenstonesleadership.com/events/.

THE FACILITATOR: Shea Adelson is a coach and facilitator with Seven Stones Leadership, a professional services firm advancing the practice of leadership, wisdom, courage and sufficiency. She pulls from a wide berth of tools when she coaches and facilitates, including Action Science, SAVI Communications, Appreciative Inquiry, ontology, somatics and mindfulness traditions. Shea is curious about the possibility of living an integrated life of learning, opening up the channels of wisdom between home and work, personal and professional, and is focused on supporting people through transitions.