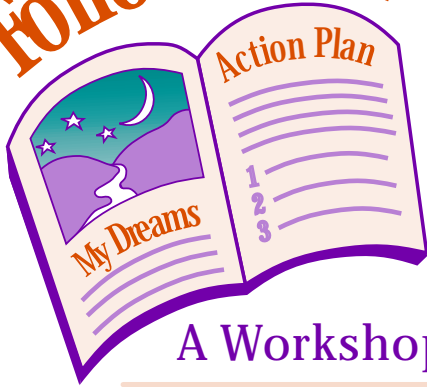


Follow Your



Dreams



While You Follow the Military!™

A Workshop for Military Spouses

Mmilitary life has its advantages, but there are “those” times when things can feel a bit overwhelming, such as when:

- ▶ You are dealing with another move
- ▶ You are acting as a “single parent” while your spouse is deployed or working long hours
- ▶ You are frustrated because you can’t find equivalent work in your chosen career
- ▶ You just don’t see how to pursue your dream based on where your family is stationed

These obstacles don’t have to stop you. Join us & learn how to move towards your dream even while you keep moving.

Come prepared for an energizing, FUN & empowering day just for YOU!

Meet the Presenters

Kathie & Holly created this workshop in order to share with others the tools and techniques that helped them turn their lives from “just Okay” to living their dreams.



Kathie Hightower

- ▶ Military spouse of 25 years
- ▶ Lived in Germany while her husband was deployed to Bosnia
- ▶ Frequent writer & former columnist, Army Times Newspaper
- ▶ Army reservist of 20+ year



Holly Scherer

- ▶ Military spouse of 20 years
- ▶ “Single mom” of twin infants living in Germany while husband was deployed to Bosnia
- ▶ Family Readiness Group Leader for 6 years
- ▶ Early Childhood Specialist

Are you moving towards your dreams or making your dreams wait until you stop moving?

You CAN create a life full of energy, focus & joy within a military lifestyle

In this workshop, you will learn to:

- ▶ Clarify dreams
- ▶ Achieve goals
- ▶ Reduce stress
- ▶ Create “flow”
- ▶ Boost energy & enthusiasm
- ▶ Thrive on change & challenge
- ▶ Overcome “obstacles”
- ▶ Add play, laughter & FUN to life!

“Because of your seminar, I’m finally doing something I totally enjoy.”

Carmen Garnes

Date:

Time:

Place:

Contact: