



## Mobile Partners: *Crafting a New Life After the Move*

*Anything that moves causes friction — it's a scientific fact.* No doubt about it — moving to a new location is stressful.

Are you...

- dealing with the grief and hassles of a move?
- frustrated because you can't find equivalent work in your chosen career field here?
- feeling as if you've lost "you" in this move?
- missing your community and favorite daily rituals?

*You are not alone.* And there is help. Join two women who have "been there" over and over again...as they share tips and tools to help you craft a rich, full life that works for you based on your own unique interests and priorities.

*Join us for a fun, interactive workshop to learn to:*

- Tap into the research on happiness in life — & how to apply that to your life now!
- Clarify dreams and goals, overcome obstacles and thrive on challenge & change
- Reduce stress and create "flow" while you boost your energy & enthusiasm for life
- Make friends and create community — while staying connected to your extended family and friends
- *Maximize possibility thinking — to craft a "Moveable Feast" of a life!*

### Meet Your Presenters

*Two experts who write and speak about happiness, possibilities & life transitions.*

Holly Scherer & Kathie Hightower's writings and workshops help people tap into the possibilities in life — no matter where they live or what their circumstances. They have presented workshops and keynotes together since 1994 all over the United States, Europe and Japan.

With 30 moves between them, along with years of work experience in corporate, government, university and hospital environments, the duo draws on both research — and experience— to share what works.



*Holly & Kathie*

**Date:**

**Time:**

**Location:**

**Call:**