

# Follow Your



# Dreams



## While You Follow the Military!™

### A Workshop for Military Spouses

**T**he main goal of this workshop is to improve the well-being of military spouses and families by:

1. Empowering family members to take responsibility for, and action towards their own joy in life.
2. Showing spouses how military life is full of possibilities for themselves personally — for their own dreams.
3. Helping each workshop participant to leave impressed with themselves and what they can do; knowing what changes they need to make and knowing that they can take action.
4. Providing a fun, interactive, motivational workshop full of information that spouses can put to immediate use in their own lives.

#### The added benefit of this workshop?

To help family members be forces for retention rather than for separation. Spouses who adopt an attitude of creative/positive/possibility thinking – who are excited about their own lives – have a positive effect on soldier readiness and retention.

#### Benefits to Spouses

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

### Meet the Presenters

Kathie & Holly have been frequent presenters to military spouse groups and government employees in Europe and the U.S. They 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**

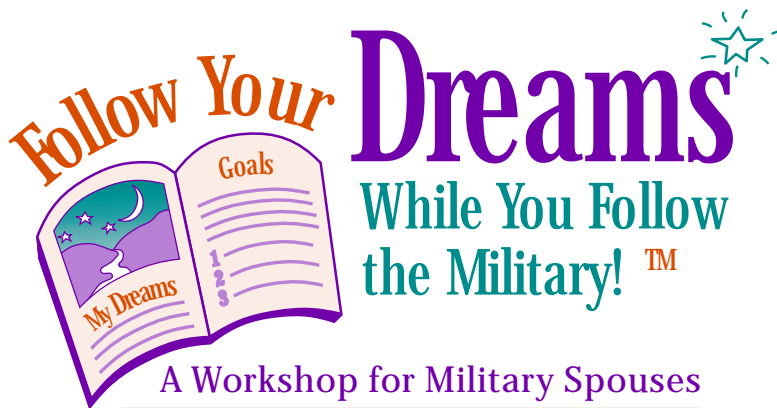
- Military spouse of 25 years
- Lived in Germany while her husband was deployed to Bosnia
- International speaker & member of National Speakers Association
- Frequent contributor to R&R Magazine, Europe and Off Duty Magazine
- Frequent writer & former columnist, Army Times newspaper and [www.militarylifestyle.com](http://www.militarylifestyle.com)
- Author, *Simple Joys: Little Things that Make a BIG Difference*
- Army reservist – 20+ years (recently retired Lieutenant Colonel)



**Holly  
Scherer**

- Military spouse of 20 years
- Acting “single mom” of twin infants living in Germany while husband was deployed to Bosnia
- Family Readiness Group Leader for 6 years
- Masters Degree: Early Childhood Special Education
- Masters Degree: Human Development & Family Relations
- Former Child Life Specialist & Educator at Johns Hopkins Hospital
- Ten year teaching and research experience in Child Development/Special Education

Co-authors of the Married to the Military column appearing regularly in the Air Force/Army/Navy/Marine Corps Times newspapers.



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### Jump Into Life! Seminars

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Holly Scherer  
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 901-756-7391  
 schererjh@earthlink.net

(These workshops, formerly called Joyful Living, are part of the Jump Into Life Seminar series and are available as keynotes, half-day or full-day workshops, and two-day retreats.)

## Client Testimonials

"Your delivery is dynamic and motivating and your material interesting and practical. Feedback from participants has been exceptional."

— Heather Reekie, Family Advocacy Program Mgr, US Army

"In my capacity at the Support Center, I interact with a large number of facilitators. None match your enthusiasm and ability to positively interact with every group you address. You make my job easy."

— Cheryl A. Vollmer, Family Support Center Mgr, US Air Force

"Thanks for the dynamic program. The feedback has been 100% enthusiastic praise. We look forward to future workshops."

— William Armstrong, US Air Force

"Your seminar was, by far, one of the most professionally prepared and presented programs that I have had the pleasure to attend. Your seminar was enlightening yet challenging for those attending and weeks later I continue to encounter individuals talking about your enthusiasm and philosophies."

— LTC Fagan, US Army

## Partial List of Clients

- ▶ Headquarters, US Army Europe (HQ USAREUR) 16 locations in Germany & Italy
- ▶ HQ USAREUR, 8 locations in Germany & Belgium
- ▶ American Women's Activities Germany (AWAG) Convention
- ▶ 5th Recruiting Brigade Family Advocacy Conference, San Antonio, TX
- ▶ 5th Recruiting Brigade Family Support Training, Corpus Christi, TX
- ▶ Ft. Lewis Army Wife Conference
- ▶ Military & Civilian Spouses/Staff, Brussels, Belgium
- ▶ Military Spouses, Bamberg, Germany (through Family Advocacy Office)
- ▶ Worldwide Child Development Conference, Denver, CO
- ▶ McChord AFB Family Support Center
- ▶ 96th Regional Support Command (USAR) Family Program Academy

## Participant Testimonials

"Wunderbar! I've gained worthwhile & valuable information on how to turn my dreams into reality. I wish I'd had a seminar like this 15 years ago!" — Gwendolyn A. Williams

"I would tell other spouses this about your workshop — For anyone who is depressed, down, missing their spouse, it's for them. For anyone not sure of what direction in life to take — career, hobbies, crafts, etc. — it's for them. It's a wake-up call. It lets you know you can do anything you desire and points out people who have." — Felicia Streeter

"This was the best thing that happened to me in Germany!" — Alicka Ampry-Samuel

"The two of you make a good combo — mother and military/career woman. You are able to relate to the entire audience." — Kendra Coile

"I've never enjoyed anything so much yet learned at the same time." — Cynthia Behr