

# NAVIGATING TRANSITIONS



Four-day workshop on moving through change more effectively



**Are you experiencing a transition? Is your team navigating changes in leadership? Are you unsure of the next right step to take in your career?**

**Whether you are experiencing or leading through transitions in your work, personal life, or inner life, this workshop will serve you in uncovering your current values and vision identify what barriers are in the way, and take steps to live in more alignment.**

## DURING OUR TIME TOGETHER **YOU WILL:**

- Expose current operating patterns and create new pathways forward
- Learn about the art of transition and how to make them and lead through them with more resilience and ease
- Take a deep dive into your personal values and vision for your life and find alignment with your next steps forward
- Find clarity around where you are in your life and what you want to create
- Gain tangible insights into your thoughts, behaviors, and patterns that might no longer be serving you

## YOU WILL LEAVE THE WORKSHOP **WITH:**

- **Clarity around where you are in your life and what you want to create**
- **Tangible insights into your thoughts, behaviors, and patterns that might no longer be serving you**
- **Concrete actions you want to take in your life in this next chapter**
- **New connections with others starting new chapters in their lives**
- **A cognitive reset as the result of pausing for reflection**

## ABOUT **THE PROGRAM**

### Program includes:

- A four day, in person workshop outside of Glacier National Park in Montana
- One 60-min group call prior to workshop
- One 80-min one-on-one coaching session
- Tools and practices to incorporate immediately into your life/work

## IMPORTANT **DATES**

- Group Call
  - **Monday May 5, 2025 6-7pm MT**
- Workshop
  - **Wednesday May 14, 2025 to Sunday May 18, 2025**
  - Arrive onsite by 5PM, Departure anytime before 11am on Sunday

## **PARTICIPATION**

Group is limited to 10 people.  
Tuition for program: \$2,349  
Lodging and Meals: \$650  
Total Investment: \$2,999  
Email Sarah at [coachsarahmoody@gmail.com](mailto:coachsarahmoody@gmail.com) for more information.

