

# Navigating Transitions

Gaining Wisdom through our Transitions

Virtual Course Offering beginning June 15<sup>th</sup>

## What are transitions?



This virtual **three week** offering, facilitated by Dr. May & Dr. Millam, (4-6 pm CDT) will be a highly interactive, a co-creative process offered via Zoom. We will look more closely at what it means to be in transition, how we navigate the challenges and bring ourselves to a new state with clarified wisdom.

## Are you ready?



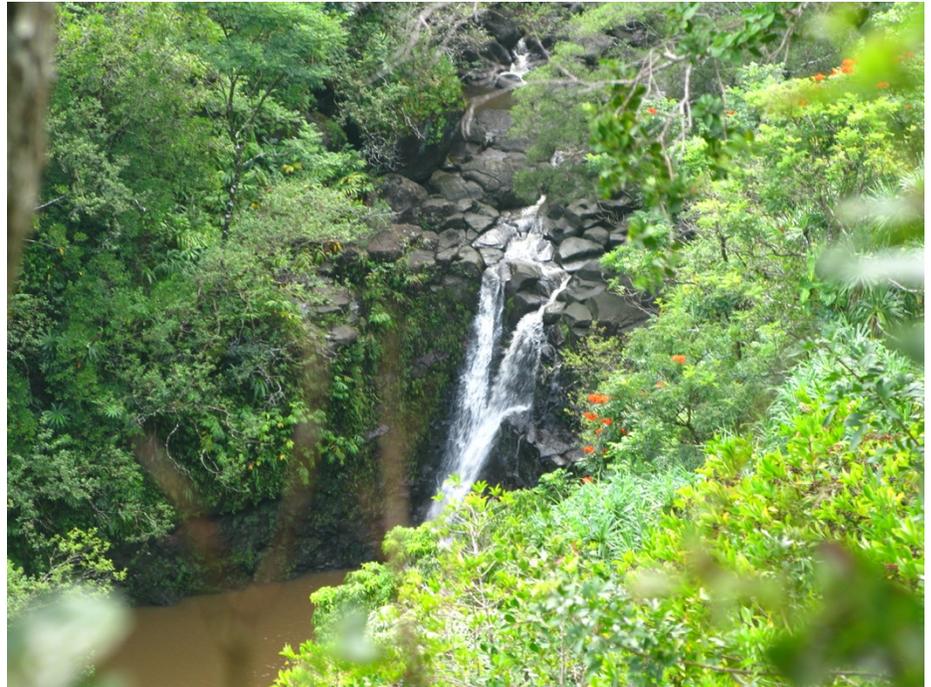
Join us to explore and discover. We will dive deep, dream big and ask provocative questions that may uncover a new perspective about what is truly meaningful and how we may want to proactively take charge of our lives in new and

## Wisdom Cultivation



We will cultivate wisdom through the use of dialogue, readings, map-making, poetry and other useful tools to better understand our past as well as our future. It will be an exciting adventure!

**Register--**  
**[www.gracefupassages.org](http://www.gracefupassages.org); for further information call**  
**760-512-0142**



## An Intentional Journey

*“Change is never easy, yet it’s always around us. Sometimes it hits us over the head (if you experience a divorce, a career change, a move, or a loss of a loved one). Other times it’s hiding around the next corner. And most of the time, it’s happening even when we don’t know it.” Molly*

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June 15<sup>th</sup>: We will review what the experts tell us about the “notion of transitions” of all kinds. We will begin to analyze how their advice and descriptions match with our own experiences.

June 22<sup>nd</sup>: We collectively will delve into our own experience of transitions. We will share our stories of the ups and downs and ins and outs of our learning experiences over time.

June 29<sup>th</sup>: We will culminate with assessing our learnings from our individual and collective journeys, projecting into the future and proposing how we intend to use these learnings to move toward a more intentional, grace-filled passage as we grow into our elder years.