



# Fall Forums

## How to Make Change? What's next for you...55&UP!

*October 29th, 2017 at the YWCA, 535 Hornby St.*

**Focus of the Forum:** 55 and Up...how to approach these years with courage, confidence and concrete strategies; navigating the sometimes turbulent waters of new partnerships, loss of work relationships and status, grand-parenting, parenting your own parents and much more.....

**8:45 am-9:00 am:** *Registration, coffee, muffins and mingling*

**9:00 am-9:15 am:** *Welcome and introduction to the 55&UP! forum*

**9:15 am - 9:45 am:** *Presentation on Making Change*

*Meet an extraordinary woman who made a very significant change in her life after age 55. She'll share her story of challenge and adventure and focus on what she's doing now, the risks she had to take along the way and the joy of achieving her goal.*

**9:45 am- 10:00 am:** *Introduction to Laura North*

*Our experienced and dynamic life coach, Laura North, will talk about the nature of change after 55 ...the issues and the challenges most of us face at this stage of life...the losses, the gains, the health and financial struggles, the relationships that are in flux.*

**10:15 am-10:30 am:** *Stretch and water break*

**10:30 am-Noon:** *Laura will then engage you in a series of evidence based coaching activities to examine your personal situation, goals and needs and to look at ways of accomplishing your dreams for the latter decades of your life. The exercises will be done in a group setting or in small dyads and/or triads. We will all come together to share our ah ha! moments at the end of the session.*

**12 noon:** *Evaluations and Wrap-up*