

LifeForward™

Change is inevitable. Purpose is intentional.

We can embrace change or resist it—but we cannot stop it, and we cannot ignore it. Learning to navigate change is critical to future success. To thrive in today’s world, we need to know how to move forward, whether the outside world forces change upon us or our inner selves demand it.

For over 30 years, the Hudson Institute of Coaching has been conducting the 4-day LifeForward program, helping adults to focus on a purposeful and meaningful path forward in their lives. In a mix of small and large groups, participants engage in learning and reflection addressing four key areas of change and development.

Areas of Focus

Reflect	Repurpose	Envision	Plan
<i>Chapters & Transitions</i>	<i>What matters most?</i>	<i>Where are you going?</i>	<i>How will you get there?</i>
To plan what’s next, it’s critical to look at where you’ve been —how have you gotten to the place you’re in today, and what have you learned from the journey? What strengths can you carry forward?	What used to motivate you may not propel you into the future with the same energy—what values inform your decisions, what roles give you the most satisfaction, what passions provide a spark for you?	Clarity of vision is essential to navigating change —take the opportunity to dream big, and to include those aspects that give your new chapter a renewed sense of purpose and meaning.	Actualizing your vision involves careful planning and follow-up—what action steps can you take, what milestones will you pass, and who might be able to support you on the way?



Who Benefits?

- People who are in the midst of a major change or life-transition.
- People who want to initiate a change or transition in their lives.
- People looking to refine their current chapter in small but impactful ways.
- People who want to realign their lives with their internal values and sense of purpose.
- People seeking clarity of vision for their future and an actionable plan for the path forward.
- People interested in moving forward in the Coach Certification Program.

FOR MORE INFORMATION, CALL 1.800.582.4401

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