

LifeForward™

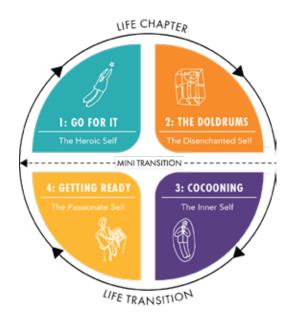
Change is inevitable. Purpose is intentional.

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



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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