

Workshop 1: Growing a Life that Matters after 50

(3 hours)

“Women over fifty are often treated like annuals, pulled out and tossed on the compost pile when they’re no longer young. Actually, they are perennials—a permanent, colorful, and vital part of our nation’s garden.” - [Second Blooming for Women](#)

In this 3 hour workshop for women, participants look at the impact of women’s history on their lives today. Through guided reflection, they learn to identify their strengths and to build self confidence. In small group discussion, they evaluate their values and design action plans.

Agenda:

- Gardening 101
- Introductions and Expectations
- History sows the seeds
- Do a Soil Analysis
- Trust your Authentic Self
- Be a Master Gardener
- Bloom

Participants will:

- Have an understanding of how history set the stage for second blooming
- Identify 2 methods to improve attitude
- Know how to establish boundaries
- Review values and their impact on vision

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Workshop 2: Growing a Life that Matters After Fifty

(6 hours)

In this interactive workshop, women are coached step by step to consciously and purposefully plan their future through guided reflection, personal assessments, and action plans. The uniqueness of this workshop is that it is prescriptive, with specific strategies for creating a 'second life' that provides women personal fulfillment while making valuable contributions to their community. It will engage every aspect of a woman's being, setting her on her own path to an abundant stage of life.

Agenda:

1. Introductions and expectations
2. Women's Lib Part Two (History)
3. How to embrace change and create a positive attitude
4. Review of values
5. What is a life purpose statement?
6. Action!

Participants will:

- Understand the impact of women's history on today's opportunities
- Understand they are unique because they have another forty years to live after fifty
- Embrace change
- Trust their authentic self
- Ascertain the importance of values
- Create a life purpose statement
- Develop the first steps to an action plan
- Have an understanding of how history set the stage for second blooming
- Identify 2 methods to improve attitude
- Know how to establish boundaries
- Review values and their impact on vision

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