



## *MIDLIFE/60PLUS:*

Prompts & Practices: Tools, Insights,  
Support

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**MIDLIFE/60PLUS** is a personalized process for individuals in Midlife or Post-Menopausal years and beyond who are seeking clarity, relief, and guidance for their inner well-being. It is offered in person and online.

**MIDLIFE/60PLUS** is a process that begins with identifying where and how you find yourself now and the kinds of growth you want to experience as you navigate these transformational years of your life. It is a process that includes specific prompts and practices, along with tools and support, for letting go of what no longer "fits" who you are and creating a life that does.

**The inner shifts** during these phases of life are mainly psychological ones; they are not so much about age. While some experiences can feel overwhelming and difficult to manage, they are also the fuel for transforming your life in positive ways and for discovering Who you are *really*.

**Our primary task in Midlife** is to find the courage to risk a new definition of ourselves--one which values relationship but is not limited or defined by it. It is a period for reimagining ourselves. We must ask, "Who am I,

*apart from my history and the roles I have played?"* We are challenged to face issues which, before this time, had been patched over.

Our primary task in our 60+ years and beyond is to remove our masks. We are called to come into our depth and uniqueness-- what makes us truly an individual. We must find and arrange the pieces of our unique identity for ourselves.

Through Midlife and life phases beyond, we are deepening and growing as we move from knowledge of our head to wisdom of our heart, developing trust in our inner resources, becoming aware of how we get in our own way and making new psychological adjustments.

I would love to join with you, as guide and sounding board, to help you find clarity, relief, inner resources, and guidance for navigating these powerful, transformational years of your life. CONTACT ME and let's get started!

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