

## Journey of Divorce™ Base Camp

A 6-session Workshop For Anyone Divorcing or Recently Divorced

*Check website for current schedule*

*Life is not the way it's supposed to be, it's the way it is.  
The way you cope with it is what makes the difference.*

**– Virginia Satir**

- ✚ *Are you struggling with the strain of divorce?*
- ✚ *Do you find yourself behaving in ways that are inconsistent with how you want to be?*
- ✚ *Do you wonder if you will ever feel "normal" again?*
- ✚ *Do you seek more centeredness and clarity through your divorce process?*
- ✚ *Are you questioning how to be a positive and effective parent during this time?*
- ✚ *Do you want to use your divorce experience for your own personal renewal and growth?*
- ✚ *Would you like to connect with others traveling the same path?*

Divorce can be painful. Chaotic. Confusing. A time of dramatic ambivalence. Relief one moment, guilt and regret the next. It can be one of the most difficult personal passages one can travel. And, divorce can also be the catalyst for traveling a new path--a path that can lead you to the life you truly want.

Traveled intentionally, divorce can be a powerful path to personal and spiritual renewal. Faced with the chaos, confusion and disappointment of divorce, we have choices. We can allow this experience to make us angry, bitter, hopeless. Or, we can use the lessons within the experience to become wiser, more compassionate, more deeply connected to ourselves and to others. We can use the pain to grow.

Join us for this 6-session series and learn how.

### *What You Will Experience:*

- ✚ Insight into yourself, your strengths and opportunities for growth
- ✚ Tools for understanding, dealing with, and learning from your emotions
- ✚ Techniques to act consciously and intentionally, rather than "reacting"
- ✚ Connection with others going through similar experiences

### *Dates and Location:*

- ✚ Check website for current schedule of meetings held in Wayland.

### *Registration and Price:*

- ✚ \$295. Space is limited. Please email [info@OneJourneyConsulting.com](mailto:info@OneJourneyConsulting.com) or call 508-276-1764 to register.

### *Facilitators:*

- ✚ **Renée Cooper** is a Harvard-trained Executive Coach and Workshop Leader. She has been deeply involved in the study of personal growth through divorce for over eight years, and is writing a book on the subject. She describes her own divorce as the most painful, yet most positive growth experience of her life.
- ✚ **Diane Hall** is a successful high tech executive. She is passionate about creating communities where people can connect and discover their true selves, develop their talents and be appreciated for their contributions. A veteran of divorce, she is now in a committed partnership of love, joy, adventure, and learning.