

Mindfully Navigating Change and Transition



We all face change whether it's in our career, home, relationships, health, age, country, or life stage. We can either make it a scary time of burden and loss or a time of growth and possibility. In this 6 part series you will learn how mindfulness can help you use the changes in your life to build more peace, purpose, and happiness.

Session 1: The Nature of Change

- The healing power of impermanence
- How do I approach change?

Session 2: Letting Go of Resistance

- What am I resisting?
- Calming and centering practices
- Open mind open heart

Session 3: Easing Our Fears

- Understanding our fears and our grasping
- RAIN exercises

Session 4: Grieving and Loss

- Acknowledging and appreciating what was good
- Creating a continuation and growth of the good

Session 5: Moving Forward with Intention

- Centering on heart
- Knowing our true values
- Moving towards growth

Session 6: Developing Hope and Trust

- What is trust and what am I trusting in?
- What is hope and what am I hoping for?
- How can they help me to grow intentionally?