



“Sea-Change” Coaching Program



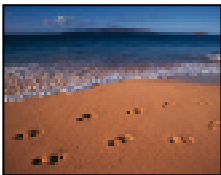
“Sea-Change” is a coaching program designed for people desiring, anticipating or undergoing a “sea-change”, a “down-shift”, relocation, retirement or other major lifestyle change. The program is based on positive psychology, mindfulness, and tools from Professor Martin Seligman’s “Authentic Happiness” program. Your “Sea-Change” coach is Helen Murphy, a psychologist and skilled group facilitator with 20 years experience working with people through change.



The program consists of six 1-hour individual sessions offering opportunities to learn:

- strategies for adjusting to change
- how to identify and engage your personal strengths in new and different ways
- possibilities for expanding satisfaction and engagement in life’s undertakings
- how to appreciate, savour and enrich your time
- ways of creating meaning and developing a sense of purpose in life.

Resources and email support are provided throughout the program. The cost is \$696 including GST.



The program is can be easily modified to a group format with extended sessions to allow for valuable group interaction. Please note that group programs can only be run with sufficient numbers.

If you are interested in the “Sea Change”, please complete and send the following *Expression of Interest* to The Working Edge*. We will contact you to discuss your interest further.

“Sea Change” Coaching Program - Expression of Interest

Yes, I am interested in “Sea-Change” Coaching as an: individual program group program

Contact Details

Name: Postal address:

Phone: Email:

The best way to contact me is by: phone email post

The changes I have recently made / am anticipating include: relocation job change retirement change in family responsibilities other (please specify):

This happened / will happen: more than a year ago in the last year now in the next year more than a year into the future don’t know not applicable

Please comment on what interests you about the program and what you would hope to gain from it?

How did you hear about the program? Web site Friend/Relative Brochure Other (please specify)

Are you interested in receiving:

an email newsletter with topical items for lifestyle changers other (please specify):

Please send or fax this form to: The Working Edge

PO Box 184,
LENNOX HEAD NSW 2478. Fax: 02 6686 8249

Or call us on: Ph: 02 6686 7949 Or email us at: edge@workingedge.com.au

THANKYOU. We will do our best to cater to your needs.

*The information you provide will used to identify program needs and expectations, to communicate program details with you, and to evaluate our marketing. The information will not be provided to any third party or used for any other reason.

