

REFOCUS. REINVENT. REBUILD.

A seminar for the next chapter of your life.



with **Jude Olson-PhD, ACC, Change Coach** & **Tim Kincaid-EdD, ACC, Change Coach**

Saturday, November 02, 2013

9 a.m. to 5 p.m.
Sanford House Inn and Spa
Arlington, Texas
(between Dallas and Fort Worth)

*Wondering about what you'd like the second half of your life to look like? You're not alone! Join fellow adventurers on a guided, creative reflection of **rest-of-life possibilities**. **Identify new ideas. Gain a fresh perspective and build a personal plan.** Share your own turning points and stories.*

This retreat will help you:

- * Develop a clarified vision of what you want your life to look like as you move forward
- * Create a plan for making your vision a reality
- * Learn how to integrate self-renewal/self-nurturing practices into your daily life
- * Experience meaningful connection and sharing with like-minded people at your life stage
- * Enjoy creative expression and quiet reflection to get in touch with your physical/emotional needs
- * Stay on track with your goals with an introductory call with a professional coach, plus a group follow-up conference call after the session

Who Should Attend? Individuals ages 40 and over who are ready to refocus, reinvent & rebuild their lives.

Cost and Registration Information: Retreat Fee (includes continental breakfast, lunch, beverages and materials): \$349 early bird (\$399 after Sept. 3, 2013). **Bring a friend, spouse or partner for a 15% discount.**

Facilitators: This powerful, interactive workshop is led by Drs. Jude Olson and Tim Kincaid, who are certified, professional coaches. Jude and Tim are experienced in helping adults to positively navigate mid-life reinvention and transition.

Register: send attached form to: jude@judeolsoncoaching.com or by calling 682-478-7225. Credit card payments accepted. You can also send your registration and check to Jude Olson, Change Coach, 551 Parker Oaks Lane, Hudson Oaks, TX 76087. For more information email: jude@judeolsoncoaching.com.



About our Venue: The award-winning **Sanford House Inn and Spa** is a Southern mansion located in Arlington, Texas, about half-way between Dallas and Fort Worth, and 15 minutes south of DFW airport (506 N. Center St., Arlington, Texas). This boutique hotel encompasses 2 acres of lushly landscaped grounds, fine furnishings, and superb service, featuring mature trees and flowering gardens. The Sanford House Inn & Spa received a Three Diamond AAA rating. Preferred Pricing available for rooms, to make this a weekend retreat. Contact Alicia Cortes, re: Events at <http://www.thesanfordhouse.com>

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REGISTRATION FORM (Please print):

Name _____

Address _____

City _____ State _____ Zip _____

E-Mail _____ Date of Birth ____/____/____

Home phone (____) _____ Cell phone (____) _____

Method of Payment:

_____ Enclosed please find my check or money order payable to Jude Olson.

_____ Credit Card CC # _____

Exp. Date: _____ Security Code #* _____ (Three Digit Code number on back of card)

Mail form to Jude Olson, at 551 Parker Oaks Lane, Fort Worth, Texas, 76087. To register by phone call: 682-478-7225 , or by email at jude@judeolsoncoaching.com.

I understand fees include seminar, materials, continental breakfast, lunch, snacks, and beverages. Refund requests must be made in writing and received at least 14 days prior to the event. Refunds, less cancellation fee of \$50, will be issued within 15 days of receipt of written notice of cancellation.

SIGNATURE _____