

MIDLIFE CHECK-IN for PROACTIVE WOMEN

MarthaElin Mountain, Ed.D., M.A., MFT



- A focused, engaging, transformative process
 - Designed for proactive women in midlife and beyond
 - Who want to deepen their sense of Self
 - 5 Saturday mornings, 9:15 – 12:00
- Feb 7, March 7, April 11, May 2, June 6**

MEANINGFUL DISCUSSION
MIDLIFE SELF-ASSESSMENTS
OPPORTUNITIES for DEEPENING
TIME for PERSONAL REFLECTION
CLEAR SENSE of DIRECTION
VALUABLE INSIGHTS
GENTLE GUIDANCE

NEXT GROUP BEGINS February 7, 2015.

(Limited to 6.)

RESERVE your place. Early Bird: \$375 (for 5 sessions) (\$80 per session after January 24)

Email or call MarthaElin Mountain:

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PARTICIPANTS SAY:

“I have a deeper sense of Who I am.”

*“I have loved this process, very comfortable—
I could keep my privacy and still be a part of the group.”*

“I am so thankful that I did this! I like myself better.”

“I am not the same person I was when I began this process. This is powerful...”

“I have observed and felt small, important changes in myself over these 5 months.”

“This has been a nurturing experience and different from other groups I have been in.”

“This program connects me with my own wisdom.”

“I love the mix of wisdom, creativity, and gentle guidance you bring to the group...”

“I especially enjoyed getting in touch with who I am now, at this point in my life.”

“I have gotten SO much out of this!”