

FINDING DIRECTION:

A values-based workshop to help you live with intention, clarity and confidence.

Jumpstart a life of purpose, meaning, and clear, forward action

This workshop is for you if you are:

- Longing to live with more intention + meaning
- Feeling blah or stuck
- In transition
- Saying yes when you mean no
- Longing for greater work-life balance
- Living out someone else's values instead of what feels true to you
- Recovering from a global pandemic and trauma, and re-evaluating who and what matters most

Date: Saturday, October 21, 2023

Time: 9:00am - 1:00pm

Location: 800 Livingston Ave. NE, Grand Rapids MI

Cost: \$175 [early registration by Oct. 1]
\$195 [register by Oct. 20]

Included: Workbook, coffee, tea and snacks

Capacity: Limited to 20 participants

SIGN UP:

Email doctorlavonneconsultation@gmail.com or text 616.258.6003 to reserve your spot and receive payment instructions

OUTCOMES

One-page living document outlining your unique personal values.

List of committed action steps to live out your values.

Clarity on the hurdles that are holding you back.

More confidence and commitment to living in a way that is true to you.

MEET YOUR HOSTS



Lavonne Zwart Schaafsma, Psy.D. is a licensed psychologist. She has been a therapist in private practice for 25 years and now is turning her focus to consultation and training of therapists as well as values-based work for therapists and lay people. Find out more at doctorlavonne.com



Christine Mutch, M.A., D.Min., is a coach and facilitator specializing in leadership development, equity, and inclusion with the goal of helping all people find their voice and place in the world. A lover of people and learning, she brings 25 years of experience in non-profit, academic, and executive leadership. Find out more at voiceandplace.com