



Discover Balance

"Creating Balance through Metaphor and Self Reflection"

Tuesday, February 22, 10:00am-12:00pm
DWN HUB

Discovering What's Next® invites you to the Discover Balance Meeting-Up, "Creating Balance through Metaphor and Self Reflection, Tuesday, February 22, 10:00am -12:00pm, DWN HUB, Newton Cultural Center, 225 Nevada Street, Room #104, Newton, with Perry Carrison and Janet Britcher.

While we may not always be aware of them, metaphors are commonly used in everyday life to create and communicate meaning. In this session we will focus on how people, mid-life and older, can call on metaphors to help create new meaning and purpose and even "reinvent ourselves" in ways that achieve joy and satisfaction. Through interactive exercises, you will use art and artifacts to discover your own personal metaphors related to values and goals that need to be acknowledged, communicated and acted upon. By exploring these metaphors, you will create important connections, balance and meaning between you and the future that calls you.

Perry Carrison is an Executive Coach who teaches clients to see their day-to-day life as a classroom with valuable lessons that improve the quality of their life. Janet Britcher is President of Transformation Management providing Executive Coaching, authentic leadership, communication skills and team facilitation.

Fee for this program is \$5.00 payable at the door. Kindly pre-register for this program by email to info@discoveringwhatsnext.com or phone 617-467-5438.

Program may be postponed or cancelled due to bad weather. Please check the DWN website, www.discoveringwhatsnext.com, or voicemail at 617-467-5438 for any program updates.