

What graduates are saying about Your Next Chapter...

"I liked everything about the workshop — it was exactly what I needed and has helped me get the clarity I've been searching for to get out there."

"The workshop helped me get in touch with my strengths and what my passions are, and made me more mindful, planful & reflective about my life"

"Your Next Chapter allowed me to set myself as a priority which became easier when I made the commitment to enroll"

"It got me started on a journey I have been actively avoiding, it provided me with a framework to really start thinking about what I like to do and what I don't like to do. It's also good to know there are others out there like me."

"My favourite component of the workshop was receiving the input from others as we suggested ideas and shared observations... which helped me learn and reinforce strengths and identify new ideas outside of the box "

Workshop Options: Your Next Chapter

Next Workshops begin week of Oct 1, 2013

**Your Next Chapter workshop:
7 week journey
Price: \$1,599 plus HST**

- 4 Three Hour Group Sessions
- 3 One-on-One Coaching Sessions
- Myers Briggs and StrengthsFinder assessments & reports

**Navigating Your Search:
Join a Wisdom Circle**

- Meet regularly with a group of like-minded women to develop and execute on your personal plan

One-on-One Coaching:

- Should your preference be to work individually with a coach, one-on-one sessions are another option

Workshops and Coaching Location:

2 St. Clair Avenue West, Suite 605
Toronto, ON M4V 1L5



Discover Your Next Chapter

Embrace the Journey to Your Next Chapter with this Workshop



Register Now for the Workshop beginning week of October 1, 2013



To enroll, please contact Sue Austin

sue@atthejunction.ca

416.464.6187

Sue Austin

MBA, ACPC

Adler Certified Professional Coach
CEO, At The Junction Consulting Inc.

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416.464.6187

What is *Your Next Chapter*

The Workshop Programs: *Your Next Chapter*

About The Coach

At The Junction is offering workshops designed to support women who have been out of the paid workplace, serving as CEO of the household, and are now contemplating what's next.

Whether you are looking to re-engage in the workplace full or part time, step up your volunteering or want to make plans for down the road, At The Junction has a proven track record in helping women determine their options to maximize personal fulfillment.

The ***Your Next Chapter*** workshop includes a combination of one-on-one coaching sessions and group workshops. At The Junction is committed to helping you choose your own direction with a renewed sense of purpose.

How You Will Benefit

- Achieve greater awareness of your strengths and personal values
- Gain an understanding of your unique traits and current priorities
- Create a workbook including a personal action plan complete with realistic goals and reflections
- Complete self-assessments to uncover natural strengths, personal values and personality type
- Join a network of women proven to help motivate and support you as you embrace this journey

First Module: Your Next Chapter *(7 week journey)*

- Develop self-awareness: where are you now, what are your priorities and goals for your next chapter
- Identify your natural strengths, personality type (Myers Briggs) & core personal values
- Engage in both group (4) and one-on-one (3) coaching sessions over a 7 week journey
- Tell your unique story, explore motivating work and carve out your next steps

Second Module: Navigating Your Search *Join a Wisdom Circle (4-6 month program)*

- Set your sites on your personal goals, create and execute on your personal action plan
- Be supported and purposeful as you navigate your journey with regular group meetings
- Learn tips on building your contact base, setting up informational interviews in a way that works for you
- Establish a strong peer group to tap into the wisdom and support of peers on a similar journey

Choose to enroll in One-on-One Coaching

- Regular one-on-one coaching sessions to help you define your goals, realize your assets and keep you on track
- Explore possibilities, maintain motivation & keep driving toward next steps

Over the past 8 years, Sue has translated her work and life experience into a full time passion and career as a professional coach. Achieving life balance has been integral to how Sue leads her life; she embraces her multiple roles as mom, wife, entrepreneur, charity board member and active volunteer.

Sue brings over 20 years of experience in coaching and team building for major organizations such as American Express, SickKids Foundation, Loblaw and OgilvyOne. She became a Certified Coach (ACPC) through the Adler International Learning program in 2007.

Sue's Approach

- Centred around clients' needs and goals
- Uses fun, humour and creativity throughout the journey
- Based on the belief that the greatest barrier is ourselves
- Results-oriented, moving you closer to your desired outcome with every meeting



Call Sue today to reserve your spot!

Enrollment is limited.

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