

# Shifting Journeys



A **Free Workshop** for **Nice Adult Humans**

**Seeking Clarity and Direction** in a Season of **Change**



*If you nod as you read this,  
this workshop is for you.*

*I'm a lifelong learner; my friends would say I'm a thoughtful person.*

*Lately I've had this sense that something deeper or different, is happening in me.*

*In this season of life I'm thinking more about my legacy, dreams, and what else is possible.*

*I value deep listening, quality relationships, and personal growth.*

Join Sarah Brabbs for her signature 90-minute experiential workshop that helps you uncover, attune to, and align with what's unique and important for you in this season. You'll leave with a decision-making tool - a compass - that will serve as a guide for you in this next leg of your journey.

**Happening Twice:** Nov. 30 and Dec. 7, 2:30-4:00 PM ET (Zoom)

**Register:** [sarahbrabbs.com/excitingnews](https://sarahbrabbs.com/excitingnews) (or follow the QR code)



This was a wonderful class. I have already used the concept you shared to help make some decisions this week and tune into myself better - thank you!

↑ recent workshop feedback