

Shifting Journeys



A **Free 90-Minute 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.

Dates in December: Dec. 7, 12, 13, & 15 (times vary)



Info & Register: 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