



**Collier Campus – Center for Continuing Education**

## **Managing Life's Transitions**

**ACT - DEAL – EXPERIENCE .....  
TAKE THE FIRST STEP/TRANSFORM YOU LIFE**

Every now and then we face situations that awake different emotions we have to deal with and occasionally make us loose our balance.

This workshop will help you to deal with disliked emotions, creatively and playfully and convert negative feelings into positive energy and how to cope with different phases in life.

- Children move out
- Loosing partner
- Saying farewell to working life and beginning of retirement
- Loss of marriage or life partner
- Marriage/spousal role changes after retirement

We all have many voices in us telling us what to do different, often conflicting things. We need to be aware of the inner voice. Through very inter active tools and role plays you will learn to get in touch with this inner voice in order to solve complex work problems or assist you in making important decisions.....the point is, in a group - to try a competent behavior and observe its outcome. The participants should be then able to use the made experience in their working/private life.

The group process is versatile, experience oriented and fun associated. Due to group creativity and spontaneity solutions to individual's issues will be worked out in a relaxed atmosphere.

## Instructor: Qudsiya Ahmad



Qudsiya works intuitively with people, meeting them where they are. Her passion and delight is to support someone on their journey and discovery of who they are, what they want to do and where they want to go. She thoroughly enjoys her work and feels it is a great privilege to be part of the process which supports individuals to discover their power and realize their potential. Her style is light, easy gentle, yet very perceptive, intuitive and challenging in a non confrontational way. She listens intently and acts as a reflector and mirror for the person, enabling clients to see and understand and thus make better choices.

**This course meets for 5 sessions on the following dates:**

January 31, 2012	Tuesday	2pm-4:30pm
February 2, 2012	Thursday	2pm-4:30pm
February 7, 2012	Tuesday	2pm-4:30pm
February 9, 2012	Thursday	2pm-4:30pm
February 14, 2012	Tuesday	2pm-4:30pm

**COST:        \$300.00**

**LOCATION: Edison State College – Collier Campus**

***Register today!***  
**Advance registration and payment is required**  
**For registration form/information, call 239-732-3128**  
**OR download form at [www.edison.edu/collier](http://www.edison.edu/collier)**

Requests for refund **one week** prior to the first class meeting will be granted. If you have a Higher One card through Edison the refund will be transferred to your Higher One Account. Due to the short-term nature of most Continuing Education programs, refunds will not be granted on or after the first class meeting. By submission of this form you are stating that you accept our refund policy.