



Taking Flight International Corporation

Living a Transformed and Empowered Life

As Spiritual Beings having a Human experience, most of us have more potential than is developed or used. The first step in living a transformed and empowered life is to expand awareness of your potential, identify ways to remove interferences with achieving that potential, and gain the knowledge and skills necessary to live a more enriched and empowered life, one that uses all your talents and abilities in the most successful and abundant ways.

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Living a Transformed and Empowered Life Workshop

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Welcome!

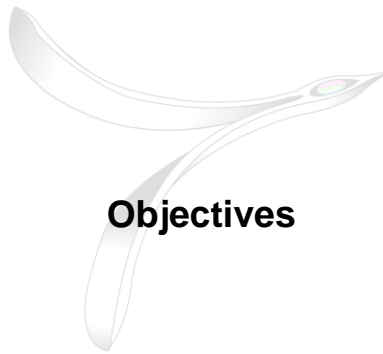
I developed this workshop based on my personal and professional experiences.

Personally: Some years following the death of my son, I began to experience a constant inner nagging. I knew that the grief and the healing had changed me, not only emotionally, but soulfully. I had a sense that something major had yet to be accomplished and that time was of the essence.

Professionally: I have a background in both Nursing and Psychology. I specialize in helping people move through times of change and transformation. I help them grieve and heal the losses, and support and guide them as they transition into becoming who they are meant to be.

Welcome to *Living A Transformed and Empowered Life* Workshop.

Jane A. Simington PhD.



Objectives

During this workshop you:

- Expand awareness of their personal potential and life's purpose.
- Affirm the talents and abilities used and explore new ways to use these abilities in more successful and abundant ways.
- Discover abilities that are latent or rarely used and identify ways to develop and use these abilities.
- Explore markers placed upon life's path during childhood, adolescence and into adulthood.
- Examine personal roadblocks that interfere with achieving a life of success and abundance.
- Practice ways to remove what is interfering with living life more in line with personal potential.
- Explore and practice ways to achieve a more fulfilled and empowered life.

Workshop Arrangements

- 1) The *Living a Transformed and Empowered Life* Workshop can be delivered in your community, locally, nationally, or internationally.
- 2) A minimum of 12 people to a maximum of 18 people are required to offer the workshop in your community.
- 3) Please visit www.drjanesimington and call our office at 780 473 6732 regarding arrangements.

