



FOCUSING WORKSHOP FOR INDIVIDUALS IN CAREER TRANSITION

Feeling detached, lacking focus or increasingly bored in your work and life? Tired, burned out, or just over committed? Give yourself permission to spend a few hours in energizing reflection and constructive activity that reconnects you with your authentic self and take steps forward.

Workshops will be held in an inspiring space—the Mildred Kemper Art Museum on the Washington University campus. In a small classroom setting you will:

- 1. Learn inner focusing work that arrives at fresh perspectives to manifest authentic ways forward in your life*
- 2. Engage in expressive work and discussion that builds on these discoveries*
- 3. Connect important elements of your inner core and external career possibilities*

The cost is \$75 for three hours of learning, creativity, and networking with others seeking new possibilities in life and work. The program is held on select Saturdays 9-12 noon and includes materials and light refreshments. *Your instructors:*

Patricia Katzfey, LPC, Career Counselor, at 314-540-9558. patriciakatzfeycounseling.com

Gillian Parrish, MFA, Certified Focusing trainer and Career Consultant at 314-322-1516. www.revisionquest.org

[Call Patricia or Gillian for date availability](#)

