

staying afloat

Strategies for keeping your head up when life is dragging you down



Change hit Penny Marquez hard when she lost her career of 25 years in a major corporate layoff. In searching for ways to keep herself and two children afloat, Penny experienced how positive even the most difficult changes can be. In her new career as a coach, speaker and seminar leader, Penny guides others in a style that is both practical and personal. "We all go through rough spots," she says. "My aim is to help people come through them smiling."

Major life changes sink some people. Others take the challenge and thrive.

The difference isn't who the people are. It's what they know how to do.

You can learn how to be someone who goes through the tough times -- and comes out stronger. And this is where you'll learn.

Discover:

- How to see change coming, so you're not taken by surprise.
- The stages of change -- and how to know where you are in the process.
- How to access strength you didn't know you had.
- What to do when you don't know what to do.
- How to make change work for you.
- And more!

Offered twice. Register for one of two seminar dates, either:

Saturday, May 26th

or

Saturday, June 9th
10 am - 4 pm

Holy Redeemer Lutheran Church
1948 The Alameda, San Jose

preregistration required by the prior Wednesday
831 722-5041

\$75 - includes lunch

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