

# Finding and Living Your Authentic Life: Embracing Your Soul's Calling In Midlife

Saturday April 5, 2008  
9am-5pm  
Atlanta Botanical Gardens, Atlanta, GA



**Joyce Dillon, RN, MN** is a coach, facilitator, author and CEO of Healthy Living and Balance. She is a pioneer in the field of wellness, empowerment, midlife transition and energy medicine. With over 20 years of experience as a transformative educator and energy practitioner, Joyce has trained with a wide variety of teachers from all corners of the globe in the fields of psychology, spirituality, energy, holistic healing and transformation. She is currently starting on her doctoral program for her Ph.D. in Transformative Learning & Change at the California Institute of Integral Studies.

## Program Description

- Are you yearning to make a change in your life, but are overwhelmed?
- Are you struggling with life transitional issues of aging?
- Are you working in an environment that drains your soul?
- Are you in a relationship that doesn't support your deepest self?

In midlife, most people experience some physical, relational, professional or psychological changes which often occur in the form of an unhappy marriage, affairs, or divorce; anxiety or depression that may have no clear source; discontent with careers or jobs resulting in disillusionment or despair.

Also during this time, we may begin to notice our "deeper self" urging us to consider that our life has more purpose and meaning.

Sound familiar? Then don't wait. Soothe your soul's pain now by attending a supportive workshop, **Finding and Living Your Authentic Life: Embracing Your Soul's Calling In Midlife.**

This hands-on workshop will help you understand this transition and how to navigate more smoothly through the challenges of your midlife journey. You are on the threshold of becoming the person you were born to be, a more authentic, deeply living, real human being. You are being challenged to decide how you will live!

## You Will Learn:

Your workshop facilitators, Caroline Dott, PhD, LCSW, CGP and Joyce Dillon, RN, MN, will guide you through experiential exercises, guided meditations and transformative teaching. This workshop will help you to:

- Explore how you want to live your life now
- Eliminate hidden behaviors and programs that sabotage you
- Learn how to activate your divine feminine energy
- Rewrite the blueprint of your life to include all you want to be
- Learn self-care techniques to manage and maintain balance in your life
- Release obsolete beliefs that will allow you to live more fully



**Caroline Dott, PhD, LCSW, CGP**, is a Midlife Specialist, Psychotherapist and Educational Speaker in private practice in Atlanta. Drawing on her doctoral research of midlife women, 35+ years of professional experience, and living personally in a prototypical "midlife family," Dr. Dott guides midlife adults through the most significant stage of their lives with extensive knowledge and loving support. She is a dynamic presenter on the vicissitudes of the exhilarating "midlife journey."

## BONUS for Workshop Attendees:

- One free individual session with Caroline Dott or Joyce Dillon
- One free follow-up teleconference group call with facilitators

## This Program is Ideal for Women:

- Struggling with transitional issues of midlife
- Overstressed and losing focus on life's priorities
- Needing support to embrace healthy aging

## When?

Saturday, April 5, 2008 9-5pm

## Where?

Atlanta Botanical Gardens, 1345 Piedmont Ave NE, Atlanta, GA 30309 (404) 876-5859  
[www.atlantabotanicalgarden.org](http://www.atlantabotanicalgarden.org)

## Investment?

\$198.00 **Early Bird Discount** if registered by March 5, 2008;  
\$249.00 after March 5, 2008

## How do I register?

1. Online at [www.Healthlivingandbalance.com](http://www.Healthlivingandbalance.com)
2. Phone 404-881-1322
3. Mail registration form with payment to:  
Joyce Dillon, Healthy Living and Balance  
275 13<sup>th</sup> Street, NE, Suite 502, Atlanta, GA 30309

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_