



# Developing Your Mindset for Life's Transitions

## ~ A Heroic Journey



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### Who is SHIFT?

**Our Mission.** SHIFT guides and connects midlifers seeking greater purpose and passion in life and work.

**Our Purpose.** As a community for people during midlife who are navigating work/life transitions, SHIFT helps its members create pathways to meaningful and sustainable lives.

The SHIFT community connects individuals making midlife transitions who seek greater meaning in life and work.

SHIFT also engages employers and volunteer organizations to underscore the essential value midlifers bring to the workplace.

### SHIFT FORUM

Monday, June 5

From receptionists to CEOs, many of today's **SHIFT members** are grappling with a host of life transitions. These issues range from a myriad of situations such as sick children, elderly parents, returning to work after cancer treatment, a death in the family and struggling with the career and life changes that come along with retirement, to name just a few.

At this month's Forum, Peter Bailey will introduce to you to a **new perspective** — **The Heroic Journey Model** — which can be applied to better manage life's challenging issues and sustain a healthy, happy outlook going forward.



Our Presenter, **Peter Bailey CEO of the Prouty Project**, specializes in engaging people in transformational experiences which enhance their emotional intelligence, skills and resilience that result in positive outcomes in life and work.

#### Developing Your Mindset for Life's Transitions: A Heroic Journey

7:00 pm (Doors open at 6:30 pm)

Mankato State University at Edina, 7700 France Ave S, Edina, MN 55435

**Cost: \$15 for SHIFT members; \$25 for non-members**

Seating is Limited. To register, please visit [WWW.SHIFTONLINE.ORG](http://WWW.SHIFTONLINE.ORG)

