



# LIFEMAP

## *Transitions: Lifestreams Exploration*

At the centre of your being you have the answer; you know who you are and you know what you want. Lao-Tsu  
In some area of my life I guess I am always in transition. Participant in a transitions seminar(Bridges)

### **LIFEMAPS OFFER:**

- A life review opportunity
- A visual representation of your life journey
- Exploration of your life's reality

### **AT THE WORKSHOP:**

#### **SESSION 1 – LIFEMAP CREATION**

- Visually represent your life: river; pathway; chapters
- Look back before going forward
- Appearance of patterns, transitions, contexts

#### **SESSION 2 - LIFEMAP REFLECTION**

- Celebrate accomplishments and challenge opportunities
- Observe life transitions in context of current choices
- Engage in your life in new ways

### **I AM**

- A supporter of participants who explore inner desires and deferred dreams
- A creator of safe space for relating reflective stories of living

**Contact me to plan a LIFEMAP workshop series:,**

**Cost: \$75**

**Flat rate available for groups and retreats**

**Homeshops: will host this workshop in your home**

**Further info: Contact Pat @ 604 684-4132 /**

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**LIFEMAP** is a Tell-A-Vision Productions program. Our vision is building a community of individuals living lives of active wisdom. Wit and wisdom towards personal passion and renewal for life's next chapter is the desired outcome.

