

# MAKE LIFE HAPPEN!

After attending our program you can expect:

- Renewed passion for your work
- A greater sense of meaning and purpose in life
- Strengthened, rewarding relationships
- Improved health and vitality
- Enhanced flexibility and openness to change
- Receptivity to new ideas and experiences
- Greater ability to identify and embrace challenging goals.

If you would like to learn how to acquire these patterns of behavior, consider joining us on [The Journey with Intent](#).

“Successful people exploring deeper lives and broader horizons”

“For me, The Journey With Intent is like a breath of fresh air, an opportunity to explore an array of wonderful options. I have spent over 20 years focused on business. It is a treat to take this special time to consider what I'd like to do beyond work. I catch glimpses of the future, and I like what I see.”

RM, Rolling Meadows, IL

“The Journey With Intent is a place where I have found exceptional friends who have walked similar paths. Together we are sharing issues that affect our new lives and coming to deeper understandings about where we are and what frontiers are next.”

TA, Chatsworth, CA

“The Journey With Intent” has helped me build better, stronger relationships in my business and with my family and friends. It has helped me make better decisions about things that have a major impact on my life and the people around me. This journey has made me a better manager, marriage partner, parent and person.”

SB, Loveland, OH

“The Journey With Intent” is a gift you give yourself. It is truly a unique experience you cannot find anywhere else in the world. It is all about you and the transition we are experiencing with a focus on your next step. If you want to enjoy a better second half of life, this unique and incredible program may just be for you. The experience has stretched me in a way I did not think possible, and I am able to be proactive in thinking about choices for the new middle age!”

AP, Bristol, CT  
JWI, New York chapter

# THE JOURNEY WITH INTENT

# THE JOURNEY WITH INTENT

## • A Program of Personal Growth and Discovery

- Is it time to discover a new direction for your life?
- Would you like to find greater meaning and sense of purpose?
- How will you continue to contribute and grow in your life ahead?



# THE JOURNEY WITH INTENT

Is it time to discover a new direction for your life?

One of the paradoxes in our highly-developed society is that the fuller our lives become, the harder it is for us to live fully.

Many of us have adopted the popular notion that the more we do, the more we have, and the more multi-tasking we can learn to manage, the better and fuller and more enriching our lives become. Many of us lead such full lives, that our stress levels damage our health

and relationships, and we lose touch with our sense of self, our focus, purpose and connection to a higher power and deeper meaning.

The past decade of research has taught us that individuals with good health, longevity and overall high life satisfaction share one thing in common: they have learned how to live consciously and with purpose.

The *Journey* is a unique, innovative program developed to challenge and stimulate you through new ideas and exciting experiences in the company of your peers. Facilitated by two seasoned psychologists, the *Journey* is truly one of a kind. It is designed to encourage you to live your life fully and passionately, deepen your relationships with those who are dear to you, especially yourself, and to clarify your own place as a contributing citizen.



## ON THE *JOURNEY YOU WILL DISCOVER:*

- Where you are now
- Where you want to go and why
- How you will negotiate the transition to get there
- The skills you will need along the way

We explore themes such as **IDENTITY, POWER, LOVE, BELIEFS, HEALTH, VALUES and PURPOSE**. All are examined using a variety of experiences that will make the issues come alive. Working in small groups paced over the course of monthly meetings, you will stretch your comfort zone and embark on an exhilarating adventure.

Consider joining us. Keep those promises you have made to yourself. *Learn to fill your life with healthy relationships, discover your own way to give back to the community, realize your potential and build a legacy you will be proud of.*

We look forward to introducing you to life's possibilities as you and your fellow participants embark on an exciting journey into personal success.

Make this program the turning point of your life. Contact us for further information and register now for the upcoming seminars. You'll be glad you did!

Dr. Karen Skerrett has a Ph.D. in Human Development and Psychology. An authority on relationship enhancement, women's development and life cycle transitions, she writes, teaches and consults in academic, healthcare and business settings.

Dr. Carole J. Parker has a Ph.D. specializing in both clinical and organizational psychology. Her expertise is in executive coaching, career counseling, dual career marriage enrichment and life planning/renewal.

Karen and Carole currently work together facilitating groups of CEOs working on their leadership and life legacies.

Dr. Karen Skerrett, Ph.D.  
708-579-5911  
kskerrett@ameritech.net

Dr. Carole J. Parker, Ph.D.  
847-446-7755  
drparker73@comcast.net

**THE JOURNEY WITH INTENT**