



Connections.... a newsletter from The Springboard Group™

Guiding Women Through Life's Transitions

www.LaunchingNewLives.com

(804) 381-4008

March 2008

Dear Subscriber,

Welcome to our March 2008 issue of **Springboard Connections™**! In our numerous discussions with many of you during the last year, we have heard your whole-hearted support, excitement, and recognition of the need for a team approach to guiding and educating people during life transitions. Whether anticipated, or sudden, the dramatic changes resulting from life's transitions bring overwhelming and complex new issues, pressing decisions, and the need to assume new roles and responsibilities. People often become fearful and uncertain of making decisions which may result in costly and avoidable mistakes.

A large part of our mission at **Springboard™** is to guide, educate, and connect people anticipating or experiencing a life transition with expert and compassionate resources. Our Spring workshop series, sponsored by Owen and Owens, LPC, brings together a cross section of professionals to address some key issues that arise during a divorce, widowhood, or other major transition.

You probably know friends, co-workers, clients or relatives who are facing tough transitions as you read this right now! **When you recognize someone's need** for assistance with divorce, a death, or other challenging change, we encourage you to reach out and encourage them to sign up for one or more of our upcoming complimentary workshops and to visit our website. In addition, if you would like to refer them for help in developing a plan, coordinating other services, or receive support and mentoring, simply ask their permission to email Janice@LaunchingNewLives.com

We are here to help!
Ann, Greg, & Janice
Your Springboard Partners

What's New... ?

- Registration for our Spring Workshop Series, sponsored by Owen and Owens, LPC is now available on *Springboard's* website. Three workshops are planned, with each addressing a specific phase of the transition process and the information and resources needed. For additional information, see below or [click here](#).
- For those of you who missed our teleclass, "**The Power of Forgiveness**", an audio file is available through April *at no cost* using the link on our homepage, <http://launchingnewlives.com>
- **Announcing! *Springboard's* E-Support Package**, a 12-month membership package of resources to help anyone, anywhere navigate transitions, and includes:

TRANSITION- POINTS, our monthly online "serial" magazine of articles, resources, book reviews, and inspiration. Each issue focuses on strategies and approaches to manage transition of any kind . The issues are received in a sequence that builds information over time. In addition, you will receive complimentary special reports, tuition-free teleclasses, and on-line password protected private member support (blog), and Membership in our *Springboard Simplifies*TM Network.

Visit our *Springboard*TM [Marketplace](#) to join at a special introductory price through April 30.
Spread the word to clients , colleagues and friends, wherever they live!

Did You Know That ?

According to a recent Merrill Lynch survey, boomer women are better educated, more independent, are simultaneously juggling more work and family responsibilities and are more financially engaged than any generation in history. Married boomer women are more than six (6) times more likely to share responsibility of savings and investments compared to their mothers generation (33% now vs. 5% then).

Upcoming Events . . .

- **Our 2008 Spring Workshop Series** , sponsored by [Owen and Owens](#) , LPC , addresses critical information needed during life transitions . Time: 4-5:30 pm, food by Bottega Bistro. Admission is free, but seating is limited, so registration is required. Visit our home page for registration and detailed information: <http://LaunchingNewLives.com>.

April 22: Respond: Pressing issues and complex decisions that must be made in early stages of life transitions such as divorce, or death of a loved one, can be overwhelming. Experts highlight essential information to avoid mistakes, prioritize tasks, and be able to focus on healing.

Speakers: Mary Owens, Partner, Owen and Owens, LPC, **Spring Workshop Series Sponsor**
Pat McAleer, Senior Financial Advisor, CFP, Ameriprise Financial
Blair McIlwain, Associate Broker, Realtor, Hometown Realty Services

May 22: *Restore*: During the period surrounding a life transition, information, guidance, and support is critical. Decisions initially postponed, such as housing, career, legal, and financial issues, will have to be made, and can shape the rest of your life. Gain insight and knowledge from experts to help you rebuild your life.

Speakers: Joe Owen, Partner, Owen and Owens, LPC, **Spring Workshop Series Sponsor**
Meredith Briggs, AXA Advisors
Martha Durnett, Associate Broker, Realtor, Keller Williams

June 5: *Renew*: Once many of the hard decisions and changes have been made, you may begin to wonder, “what next?” Major life changes can inspire us to reevaluate, and decide to make even more of our own lives. Combine your life experiences, new information and skills to begin creating the next chapter of your life!

Speakers: Mary Owens, Partner, Owen and Owens, LPC, **Spring Workshop Series Sponsor**
Pat McAleer, Senior Financial Advisor, CFP, Ameriprise Financial
Ann Deaton, PhD, PCC, Coach and Partner, **The Springboard Group**
Sheri Polignone, Owner, Rituals Salon Spa, a *Springboard Simplifies*TM Sponsor

The *Springboard* Group will be presenting "***From Overwhelmed to Opportunities - The Life Transition Journey***" to various community groups (professional and faith-based organizations, associations, women's groups, etc.). Presentations that are open to the general public will be posted on our website [Springboard Events](#) and in future newsletters. If you are interested in arranging a speaker for your group, [please contact us](#).

Focus on Community Resources...

Virginia's Governor, Tim Kaine, has designated April "**The Month of the Grieving Child**". Numerous activities are planned in support of the grieving child. For additional information, please visit www.thegrievingchild.com website or contact [Karen Gill](#) of the Central Virginia Bereavement Coalition.

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