

Rewiring, Retiring, or Reinventing – What's My Next?

Are you in the midst of a life change? Did your job end pre-maturely? Are you retiring? Grieving? Have your children left home, are you newly single, in an aging body? Gather in the Shenandoah Valley with an intimate group of women over 50 to explore the big questions about this phase of our lives:

- How do I create myself in the future given who I am NOW?
- Who am I NOW regardless of what I have or haven't done or experienced in my life?
- Who do I choose to be in the future?
- How do I acknowledge and celebrate the contributions that I've made so far?
- What will living my best life, and being my best self, look like going forward?



Given what we know about neuroplasticity, rewiring our brains is a pro-active and critical step to interrupting negative patterns that we've absorbed and reflexively employed for a life of survival rather than a life of thriving. Regardless of the stage of life that we're in, the processes of this workshop serve us so we're making decisions about our lives based on possibility, not on our conditioned selves.

Come and join us in a trusting, non-judgmental, diverse and loving environment for two and half days to co-create an experience of mutual support as we launch into this sometimes difficult and potentially treasured time of our lives. If you've lost your job or don't know if you will, we will address ways of being with the uncertainty as well as exploring the cognitive, emotional, and spiritual aspects of our beings at this stage of our lives.

Workshops run from Friday 2 p.m. to Sunday 4 p.m.

2025 workshops: March 15-17 | April 4-6 | June 6-8 | Sept 12-14 | October 3-5
www.rewiringtogether.org

Participants report that after the workshop they're:

- moving forward with their lives with grace and ease
- more peaceful and practicing self-care
- less reactive, and not so quick to rescue others
- happier than they've been
- sitting with new perspective on their lives
- and that they've made peace with what is

"Spending the weekend with Leslie at the rewiring workshop was life changing, especially after losing a lot of contracting work because of the DOGE cuts. She has an amazing gentle way to share her wisdom and experience and guide me on a path to discover a vision for myself. She also creates an open space for the group to coalesce and develop deep bonds with each in a short amount of time. The beautiful and tranquil environment of her farm and delicious food made by a chef nourished our bodies and our souls. I highly recommend this workshop for other seekers of self-acceptance and movement into their best futures"

"The workshop was a loving, intimate and spirit-filled container for exploration, sharing, healing, and celebration"

"I felt totally seen, honored, supported and celebrated in this safe and gorgeous space. What added to the experience was the amazing food, the music, and the little breaks to relax and refresh between the creatively planned activities...I would do this workshop again and/or a follow up to it in a heartbeat and I think that each time would be a new experience, because I would be at a different place in my life's journey"

"The weekend was a wakeup call that I am sure I will look back on with gratitude in the years to come"

"I came to this retreat shortly after articulating an intention to use the next few years to plan for my next phase in life. I had thought about and planned for financial means, but I needed space and time to focus on what I wanted for myself. These three days of love, compassion, and support guided me through a process of stepping back to look at my past and what I can now let go of; looking at who I am beyond the many roles I've played and continue to play in life; and formulating a vision for myself going forward which is bringing me unexpected joy, excitement, and optimism. I left the three days with much greater clarity about my future and confidence in being able to make my new vision come to beautiful life"

Logistics:

For people who have been negatively impacted by DOGE, \$350 covers food, lodging, and materials. The regular cost of the workshop is \$1250. Additional scholarships are available for every workshop. Ten person maximum per workshop.

Go to www.rewiringtogether.org for more information and to register!

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