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Creating your New Life Chapter

Date and Time

Wednesday 3/21/2018 12:00pm

Event URL

[Registration link](#)

Event Region

Statewide

Event Type

Webinar

Event Cost

\$0.00

Event Description

Wednesday March 21, 2018

Noon - 1pm

You have returned from active military duty and now your newest mission is back in your community, job and family. Join Nicola Salter to discuss your new life chapter, roles and identities as a woman and using your experiences to shape your newest version of yourself and inspiring other women to connect to their inner warrior too, and what this means. Learn how to identify your qualities, the importance of maintaining your tribe, and new perspectives on setting goals for yourself, feeling excited about them and seeing them through.

Discover how to build coherence and resilience to avoid draining situations that will lead to ineffective communication with loved ones, not being able to set boundaries that leads to tiredness and poor health, and triggers that may have you highly reactive rather than proactive.

Join the discussion and share your views during this interactive hour that will also include some relaxation time to help you disconnect from the daily grind.

After registering, you will receive a confirmation email containing information about joining the webinar.