

## Courage to Change

You've been standing at the edge of your aspirations. You can see what it is that you want to do, but you're not sure where to start.

*Isn't it time to say yes?*

Aspirations take us down that road less travelled. A road that can be exhilarating, but also daunting and lonely. It doesn't have to be that way. Having a dedicated time and space to connect with yourself and what matters most is essential. Being a part of a community of others doing the exact same thing is inspiring. Having structure and support helps you build confidence and hone your skills. You are not meant to travel alone.

## What to Expect

- **9 Supportive Sundays with the invitation to spend one full hour paying attention to what matters.**
- **Weekly inspirations to enhance your ability to respond to life from a place of meaning and purpose.**
- **Three 2-hour Workshop Sundays with experiential exercises around Intention/Planning and Mindset to keep forward momentum.**
- **New friendships (co-pilots) that will help you sustain the change you wish to bring to the world.**



### Register Today

[kathywashburn.com](http://kathywashburn.com)

### Session Highlights

- 12 Sunday Zoom January 15 - April 2 7:00 pm EST
- Three Interactive Workshops
- 12 Weekly Inspirational Emails
- One Private Coaching Session with Kathy
- Community Support

### More Information

[kathywashburn.net](http://kathywashburn.net)  
[carvedbycancer.com](http://carvedbycancer.com)

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MAKE A CHANGE

CHANGE

CONNECT

SHIFT

CHANGE

SPARK

MAKE A CHANGE

12-WEEK MINI-COURSE  
**COURAGE TO CHANGE**



**What matters most to you?**

**How would you like to be different?**

**Stop waiting, worrying, wondering.**

**Say YES! to what is calling you.**

**The world is waiting for you.**



**Workshop 1 - 1/15/23 7-9pm**

**Intention Setting: Catching Up With Your Life.**

Visual and Mental Picture of What

**Workshop 2 - 2/5/23 7-9pm**

**Goal Mapping: Designing Your Path to Change**

Visual and Mental Picture of How

**Workshop 3- 3/26/23 7-9pm**

**Future Selfing: Creating a Clear Picture Forward**

Visual and Mental Picture of Who

**Supportive Sundays 7-8pm**

**Practice Change**

The Physical Act of Doing



"You are under no obligation to be the person you were 5-minutes ago."

Alan Watts

## Key Course Elements

- 12 Weeks of Dedicated You Time  
Build the Habit focus on what Matters
- Conscious Learning  
Prompts to imagine the Week Ahead
- Accountability  
Community of strangers on a Similar Path
- Support  
Expert Coach offering Structure and Encouragement

I hesitated to call this a course because it is not about taking one more course. I'm sure you've done or signed up for so many classes.

And still, you find yourself aching to connect and act on what matters most. The question is not what class to take, it is how do I start? Courage to Change offers you a place to establish a clear vision, create a supportive plan and dedicate time to how you will bring "it" to life. Surrounded by co-pilots that will help you make it fly.



**SHIFT.  
CONNECT.  
SPARK.  
CHANGE.**

**Provided by:  
Kathy Washburn,  
Founder Carved by Cancer, Inc.**

Kathy Washburn is a life coach who works with individuals navigating life's most challenging transitions. In this second career her education and interest in positive psychology, post-traumatic growth, and narrative therapy combine to form her unique approach to personal and professional coaching. During her own cancer journey, Kathy identified a severe gap in out-patient needs and has since founded Carved by Cancer - a support network for cancer thivorship. Kathy graduated from Northeastern University with a B.S. in Finance, has a Project Management Graduate Certificate from Boston University, a graduate of Narrative Coaching from The Moment Institute as well as Positive Psychology and Positive Psychology Coaching Certification from Wholebeing Institute. She is on the faculty of Wholebeing Institute Brazil. She holds additional certifications in Narrative Release and Integrative Development from The Moment Institute and is a student and teacher of Positive Neuroplasticity with Dr. Rick Hanson.. You can find out more about Kathy and her work at [www.kathywashburn.net](http://www.kathywashburn.net).