

Solutions for Women Presents:

Managing Change Seminars



Laisha Kneuen



www.lifecoachingwithlaisha.com

Supporting Women in Transition
to Make Choices That Work



Loss of a loved one
Empty Nest



Relocation



Career changes



Care Giver
Health Concerns



Whether Change is chosen or inflicted upon you, finding balance in these rough waters is the key. Transitions are a part of life, the challenge is how to manage them.

With a BA in education, extensive study in linguistics and cognitive sciences Laisha Kneuen, offers her trademark insights as a certified life coach to help you:

- Address the challenge
- Explore creative solutions
- Put an end to what no longer works
- Emotionally embrace uncertainty
- Discover your true direction

Begin the new year exploring with other women what is next in your life. Share your story and gather wisdom in this venue of inspiration and discovery.

Groups meet Twice monthly:

Group 1 - Wednesday afternoons from 4 - 6 PM

Group 2 - Thursday mornings from 10 - 12 AM

Fee: \$50 per month for two - two hour seminars

Location: 1640 Worthington St., Lake Oswego

To register call: 503-699-6923