

MID-LIFE RESET

a workshop for women
experiencing major life challenges

Sunday June 1, 2025
Acqua Hotel Mill Valley
9:30am - 4:30pm



Mid-Life Plot Twist?

Overwhelmed by unexpected relationship, financial or health challenges?

Come explore what's possible in the midst of change.

JOIN US! for a one-day retreat to reset, recharge and reimagine your future.

This highly interactive, in-person event is designed for women ready to turn mid-life challenges into breakthroughs.

You'll walk away with:

- Tools to stabilize and respond (not react) to difficult people and life situations
- Clarity about what you truly want and new ideas you may not have considered!
- Freedom from guilt, 'should's and second-guessing
- A bold new story and roadmap for your future
- Connection with a new circle of wise, supportive women



Let this be your turning point. Take advantage of EARLY BIRD and BRING-A-FRIEND tickets.

[click here for more info](#)

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“Honestly, I didn't even know what I needed. I was just tired of feeling stuck. This workshop sounded like the perfect reset—time for me, surrounded by women who get it.”



Your Guides

Linda Graf
Relationship &
Mental Fitness™ Coach

Joan Perry author
The Heroine's Journey

