



"Homage to Judd" by Sarah Gish

“Transitions and Transformations” (TNT) is an interactive workshop for women presented by Sarah Gish, owner of GISH CREATIVE (www.gishcreative.com), a personal, family, and business enrichment company whose goal is to create connections and ignite lives.

As a busy, creative, and sometimes overwhelmed woman, Sarah discovered the value of taking time to breathe and to explore the fertile emptiness (the “and”) that follows a transition and precedes a transformation – so much so that she began to research the topic of transitioning and creating or dealing with life’s changes in-depth. In addition, she has always found joy and support in the community of other women and created this workshop with that in mind. While working with Sarah, the group will create art, have lively discussions, and draw upon the wisdom of two books: Transitions: Making Sense of Life's Changes by William Bridges and The Laws of the Spirit: A Tale of Transformation by Dan Millman.

Attendees will leave with a better sense of themselves and how to deal with changes in their lives, having spent focused time on inner discovery through creativity, introspection, and conversation. Each attendee will take home a copy of both books as well as their own TNT journal that will be gifted to them to use during the sessions and to take home for further reflection on their process.

The cost varies based on group size and location. The workshop is presented as a three-part series – Part 1 is “Transitions”; Part 2 is “And”; and Part 3 is “Transformations.” Each session focuses on the concept in its title and is two hours in length.

FOR MORE INFORMATION OR TO BOOK THIS WORKSHOP, CONTACT:

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