

On

PURPOSE

A group for women who want
to approach life with passion and a plan



You are a woman who has tackled all that life has offered and brought life to everything you've tackled — careers, relationships, family responsibilities. Now you're looking for more, to make changes, seek new endeavors and pursue dreams.

You wonder: **What's next?**

Join us for **On Purpose** to find answers.

On Purpose is a group for women who are ready to embark on the next chapter with passion and a plan.

On Purpose addresses those universal questions that emerge as we wonder how to sustain our best selves and strengthen our confidence, our bank accounts, our bodies, our relationships.

On Purpose spans four months, combining one individual session, three in-person small group meetings along with one culminating weekend retreat in beautiful Sonoma County. Sessions will include discussions and varied activities including movement. The weekend retreat will offer more time, deeper explorations, hiking, hot tubbing and gourmet dining. These group sessions provide an opportunity to develop a safe brain- and heart-trust with other women. **On Purpose** launches in San Francisco and will be limited to eight people.

What workshop
and a
weekend retreat

\$795 includes:

- Four group sessions
- One individual session
- One weekend retreat
- Resources and books

By participating in **On Purpose**, you will:

- Identify your skills, strengths and capabilities
- Energize your relationships and fortify your support system
- Craft your individualized plan, including personal and/or professional goals
- Explore your innate creativity, even if it has been buried by life's busy-ness

When Saturdays
and a
weekend

Saturdays

10-12:30 | November 11, 2017, December 2, 2017,
and January 20, 2018

Weekend Retreat

in beautiful Sonoma home February 24-25, 2018

To learn more or sign up, contact one of us —

Rachael Grossman: Rachael@rgcoachconsult.com or 415/627-8350 | www.rgcoachconsult.com

Nancy Rubin: nancyrubin65@gmail.com or 415/725-0192

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Where in the city
and in nature

Saturday morning sessions at **Lila B design studio** »
(behind Stable Café) | 2128 Folsom St. San Francisco
94110 (close to BART and parking)



« Weekend retreat in home near Occidental, CA



Who group leaders

Rachael Grossman —
principal of RGCoachConsult,
is a certified coach in San
Francisco, helping clients
develop purpose and joy in
their work and lives. She has
built her coaching practice on
the wisdom garnered from her
prior careers as a journalist,
and a leader in the corporate
and nonprofit sectors.



Nancy Rubin —
has followed multiple career
paths as a social service, non-
profit and health administrator
as well as a dance, yoga and
movement teacher in the San
Francisco and Los Angeles
areas. She loves to bring
the wisdom of nonverbal
and movement traditions to
more practical life and work
circumstances.



On PURPOSE

Frequently asked questions



Who is On Purpose for?

A group for women who want to approach life with passion and a plan

This group is for women facing mid-career and life transitions including: recalibrating priorities as an empty nester, re-entering or leaving the workforce, searching for a new sense of meaning professionally or personally, looking to create a new normal after a divorce or loss of partner.

How does group work?

Based on the wisdom of coaching, mindfulness and movement, this group is designed to support individuals who want to live life more fully and pursue vocations or personal interests on a deeper level. Leaders and participants collaborate on a targeted program that includes practical solutions, creative explorations and opportunities for reflection. Between sessions, participants complete assignments that allow them to explore new perspectives and develop new habits. Leaders serve as confidential thought partners and accountability guides.

Why a group?

Groups provide mutual support and a sense of shared endeavor. Through confidential, facilitated conversations, participants gain perspective, brainstorm solutions and benefit from each other's wisdom. Groups also provide a loving source of accountability and are significantly more cost-effective — less than 1/3 the cost of an individual coach. The group will be limited to eight people.

What will I get out of this?

The goal is for each participant to leave with a personalized plan, new skills, deeper insights and a greater sense of confidence and curiosity about the future.

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