

You Asked For It; TTN NYC Delivers

By Judith Glass

Life Transition Services (LTS), TTN-NYC's innovative suite of professionally led transition workshops and activities launched in May. LTS programs are designed to help us navigate the changes we are experiencing. They challenge us to "dig deep" and identify the values, passions and experiences that will help us define a new life full of meaning and purpose. Importantly, the programs are action oriented, ensuring that participants come away with a plan that will get them excited about their future.

Why is LTS so important? You have told us you are eager to work on your transitions. Members who participated in the successful Women in Transition (WIT) workshops conducted during the past year came away energized and determined. They wanted more. Many attended a follow-up session and still they wanted more. NYC chapter leaders were listening. They created the LTS program to meet the need for structured group activities where we can come together within the TTN community to take control of our lives and develop actionable goals for the future.

NYC members Day Piercy and Karen Merson developed the course materials and facilitate the first two workshops. Both have extensive professional experience in helping people imagine new possibilities and find new meaning and purpose. And, as longtime New Yorkers, Day and Karen are familiar with the unique highs and lows of life in the City.

The "special sauce" of this NYC innovation has two main elements: community and expert leadership by life coaching professionals. Community, at the heart of everything we do as TTNers, is especially valuable to the process of transition.

Karen notes that successful transitions require community and the workshop format creates the sense of belonging to a group where many are asking similar questions. This enables the women to draw motivation and inspiration from one another.



Importantly, as Day points out, workshop participants can remain connected with one another as they take part in various TTN activities. Our expert leaders are truly outstanding, sharing their wit, wisdom and boundless energy. We are fortunate to have them among our members.



Looking to jumpstart your transition or take a fresh look at some vexing questions? Watch this space! LTS is just getting started. We will add workshops and activities to address the many different challenges we are facing.

Click here to view descriptions of the first two workshops.