

Unleash Your Twenty-Something Potential A weekend Workshop with Christine Hassler

WORKSHOP OVERVIEW

Are you wrestling with a sense that you haven't done enough? Or you've done it all and don't know what's next? If you've ever wondered why you aren't enjoying "the best years of your life," and why you're still mired in confusion about the choices you've made or need to make, this workshop is for you. Faced with a career she worked hard to achieve but didn't like and the disintegration of her relationship, author Christine Hassler started talking to other twenty-something women and discovered a pattern.

Many women in their twenties (and thirties) feel unsettled and struggle to reassess their positions on what Christine calls the *Twenties Triangle*: Who am I? What do I want? How do I get it?

Throughout this weekend, these questions will become opportunities to identify and explore dreams and values. Rather than feeling overwhelmed and frustrated, you can turn questions into maps that lead transform your twenty something experience.

Christine Hassler is a life coach with a counseling emphasis and an expert on the twenty-something journey. Throughout the workshop, she will work with individuals on specific issues and create an atmosphere that is safe, interactive, fun and most importantly, TRANSFORMATIVE.

"Christine Hassler has created a series of extremely valuable exercises to help women in their twenties evaluate their personal, financial and career choices. Whether you are a confused, frantic or amazingly satisfied 20-something woman, her book can help you to get on (or stay on!) the path to success."

— *Jennifer Todd, film producer for Austin Powers and If These Walls Could Talk*

"Christine Hassler is a very honest and extremely wise woman. This wonderful book shows us how to transform fear and confusion into courage and wisdom. An inspiring and hopeful guide about knowing who you are and believing in yourself enough to go after your dreams.

This generation is lucky to have such an authentic voice to offer guidance through this journey called life. I highly recommend it!"

— Sandy Grason, author of *Journalution*

ITINERARY

Friday evening, Introduction, Hot Topics, Creating an Intention

Introduction – Christine’s Road to Balance and Direction

Christine shares her own story of her tumultuous twenty-something years that left her very unbalanced and directionless. She was able to transform her life and is passionate about sharing what she has learned with others. Christine understands that everything happens for a reason; yet is sympathetic to the difficulty quarter-lifers have with this concept.

Hot Topics

Conversational points in this session:

- Why today’s twenty-something is facing more struggles than in the past
- Expectation Hangovers
- Paralysis by Infinite Options
- A sense of “nothing is really wrong, but nothing feels quite right either”
- The Myth of having it all

Creating and intention

This session will conclude with an ice-breaker introductory exercise to bring balance and direction to the group. We will also set an intention for the weekend workshop and each individual will set their own personal intention.

Saturday morning, 9:00 am to 12:00 pm

8:30 – 9:30 am

One Hour Hatha Yoga Practice led by Christine

Christine discovered Yoga in 1999 and has been practicing ever since. After three years of her own practice, she began to teach yoga and loves to bring Yoga into the lives of twenty-something to lay a foundation for a mind/body/spirit connection for a lifetime. She leads an up-beat, playful, and nurturing class with music perfect for those who are in need of grounding & opening.

10 am to Noon

Who Am I?

The focus of this question will be answering this eternal question from an authentic and possibly different perspective. Emphasis on separating who we are from our roles, occupations, or labels.

UNCOVERING WHAT MAKES YOU “BEE” YOU

1. BELIEF SYSTEMS
2. EXPECTATIONS
3. EGO

UNDERSTANDING PAST, PRESENT AND FUTURE

1. To be or not to be....like our parents
2. Living in the past equal depression, living in the future equal anxiety.
3. How to learn from the past, rather than living it everyday
4. The necessity of going through something rather than around it
5. Getting into the now
6. Creating who you are now rather than obsessing about who you will becoming

IDENTIFYING WHO YOU ARE WHERE

1. Examining Chameleon Identities
 2. Who we are for others
 3. Who we tell others we are
 4. How where we are, what we are doing, or who is watching affects who we are
- **EXERCISES:** Several group and individual exercises will be woven into each piece of this session.

Saturday afternoon, 2:00 pm to 4:00 pm

What Do I want?

The focus of this session is to separate what we truly want from what we *think* we want or what we've been *told* we want.

TWENTY-SOMETHING SYNDROMES:

1. “Not-enoughness” disease
2. The “should” epidemic
3. Expectation Hangovers

PREVENTMENT & TREATMENT OF THESE SYNDROMES:

1. Peeling back the layers and getting to the core of what you really want

2. Being okay with not knowing
3. The journey

THE MYTH OF HAVING IT ALL

ANSWERING “WHAT DO I WANT” IN REGARDS TO:

1. Self-image
 2. Finances
 3. Relationships
 4. Career
 5. Spirituality
- **EXERCISES:** Several group and individual exercises will be woven into each piece of this session. Christine will also do some one-on-one coaching with participants who volunteer.

Sunday morning, 9:00 am to 11:00 am

How Do I Get It?

The focus of this session is concrete game-planning for transforming twenty-something into the twenty-everything you want. Focus is on the ultimate question of how to transform fear and confusion into courage and wisdom.

The Journey to from Insanity to Miracles:

1. Insanity: Doing the same thing over and over and expecting a different outcome
2. Miracle: A change in perception

The Journey from Selfishness to Selflessness

1. Finding our place in the world
2. Letting Go
3. Control versus acceptance
4. Giving a little and getting even more

ANSWERING “HOW DO I GET WHAT I WANT” IN REGARDS TO:

1. Taking care of ourselves
2. Budgeting
3. Dating
4. Interpersonal Interaction/communication
4. Job seeking & Pursuing Passion
5. Living with integrity: simple combination of truth and love

- **EXERCISES:** Several group and individual exercises will be woven into each piece of this session. Role playing will also be done in this session.
- We will conclude this weekend with a 30-minute Guided Meditation.

ABOUT CHRISTINE HASSLER

Christine Hassler

Author · Speaker · Coach

“Transforming the Twenty Something Experience”

Christine Hassler left her successful job as a Hollywood Agent at 25 in her pursuit of a life she could be passionate about. But it did not come easily. After being inspired by her own unexpected challenges and experiences, she realized her journey was indeed her destination. In 2005, she wrote the first guide book written exclusively for young women, entitled *Twenty-Something, Twenty-Everything: A Quarter-life Woman’s Guide to Balance and Direction* (New World Library).

Today she supports both men and women in discovering the answers to the questions: “Who Am I, What do I want, and How do I get it?” Christine is a Life Coach with a counseling emphasis specializing in relationships, career, and self identity with an expertise in the twenty something years of life.

Christine began her evolution as a twenty something expert with discussion group for twenty-something’s in Los Angeles struggling with questions about themselves, their career, and relationships. As she continued her investigation of herself and others, she began to craft a roadmap for how to transform “twenty-something” into “twenty-everything.” Christine has dedicated over six years to researching and speaking about this rite of passage in life.

As a professional speaker, Christine leads seminars and workshops to audiences around the country. She has appeared on **The Today Show, CNN, and PBS (view) link to clips or press page**, as well as various local television and radio shows, speaking about the life issues and “Expectation Hangovers™” – a phenomenon she identified and trademarked.

Currently, she is working on two new books, *The Twenty-Something Manifesto* (New World Library 2008) stemming from her experience counseling twenty-

something's and is co-authoring *Chicken Soup for the Twenty-Something Soul* (HCI Books 2008) with Jack Canfield and Mark Victor Hansen.

Christine's training is from the Communication Arts Company and the Masters Program in Psychology at the University of Santa Monica. Christine received her undergraduate degree from Northwestern University where she was initiated as a Kappa Alpha Theta. She also serves on the executive board of the Sirens Society (www.sirensociety.org), a non-profit organization of proactive women dedicated to making the world a better place through philanthropy and business.

Christine is a yoga enthusiast, travel junkie, wine and food enthusiast (even vegetables!), and loves to be outside. She lives in Los Angeles with her husband, Chris.

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ADDITIONAL INFORMATION

For more information on Christine, visit www.christinehassler