

PROGRAMS AND SERVICES FOR UNIQUE AUDIENCES AND TIMES

Legacy of the Heart: Writing a love letter to your family

Everyone wants to be remembered. Everyone wants to leave something behind. How do you want to be remembered? What are the special days in your life that you most cherish? What are the family stories that you want the next generation to know? What important life lessons have you learned that you want to share with others? These are the types of questions you'll explore in this interactive seminar. You'll reflect, relate, retell and remember as you write what's possibly the most important gift you can leave your loved ones—an ethical will. It's your chance to put your values on paper, to strengthen relationships, to tell your family how much they mean to you. It's not a legal document, but it is a loving document. It has nothing to do with your material assets, but it has everything to do with the values, beliefs and attributes that make your life worth remembering. Pass along the legacy of your life to those you love. Let your life speak through your love letter to your family.

Memories to Memoirs: Exploring the layers of your life through personal stories

Everyone has a story and every life is worthwhile. Immerse yourself in your memories. Explore the layers of your life and the meanings of your history. This workshop gives you time to focus on your deepest being, your life meaning and capture the stories that have shaped you. It is designed for everyone who has a personal or family story to tell, but has not found time to write it. No prior writing experience is required to benefit from this session. You will focus on the essentials of capturing your memories, from creating a practical writing plan to using a variety of easy-to-apply techniques to recall and recount your stories. Visualizations, memory exercises, drawing, and group sharing open up the well of stories for you to explore. You will leave with several written stories, a timeline, and future writing plans. Putting your memories in writing is a gift that only you can give and that your family will enjoy for years to come.



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The programs, services and topics described are just a sampling of the possibilities available.

Each can be customized to the particular needs of your organization or school district.

All programs are designed to engage adult learners in participative, interactive, hands-on experiential learning that is practical and fast-paced.

Most programs are designed for half day workshops of approximately 2 ½ to 3 hours, but can be expanded to suit specific needs.

Facilitation services are designed for full day processes of approximately 5 to 6 hours and may be extended to 2 or 3 full days depending upon the desired outcome.

How can we help you expand your organizational capacity?

How can we help you do what you do just a little bit better?

Cardinal Consulting Group is your connection to customized programs and services. We connect people, resources and results. Our mission, like yours, is to improve your people, your resources and your results.

Let's talk!