



Third Bloom Living

"Now, in age, I bud again." George Herbert, Poet

Session

1

Excavating the Soil.

During this opening session, you will be introduced to the concept of Third Bloom Living and begin the excavation work necessary to reimagine beauty and purpose during your next season of life. Through a series of both interactive and independent activities, you will uncover what areas of your life and past work still bring you joy as well as what no longer serves you.

3 hour session | Fieldwork assignment | Discussion during Session 2

Session

2

Planting the Seeds.

Through a series of reflective exercises and group discussion you will continue to uncover the meaning behind your personal excavation work. Julie will share personal insights into how she approached her own Third Bloom and will assist you in beginning design work for your next big thing.

3 hour session | Fieldwork assignment | Discussion during Session 3

Session

3

In the Garden.

In this session we will examine the stories of other women who found their Third Bloom. Become inspired. Get creative! Learn from their personal stories how they found passion, purpose, and the courage to live fully pursuing a Life Reimagined.

3 hour session | Fieldwork assignment | Discussion during Session 4

Session

4

Ready to Bloom!

In this final session, you will begin designing your Third Bloom plan of action while receiving encouragement and support from your facilitator and cohort. What are your action ideas? What steps are you ready to take now and in the coming months? What specific areas of your garden are you ready to tackle first? This session will end with a very powerful closing which will be the perfect boost to get your bloom on!

3 hour session | At the end of session four, each cohort will discuss ideas for reunion meetings for encouragement, support, or accountability. Any additional (optional sessions) are not included in basic fee.