

Workshop at Darien Y for Mothers Considering Rejoining Workforce

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The Darien YMCA is hosting “Graceful Transitions”, a workshop for women who are considering a return to work after having children.

This 4 ½ hour workshop will help women begin to navigate an important transition back to work with grace, openness and a perspective of growth. The workshop will not deliver “tips and tricks”.

Rather, it will focus on identifying values, purpose, vision and creating a narrative for change. Participants will emerge inspired, nourished, connected and confident.

The workshop will be held on Sept. 14, from 10 a.m. to 2:30 p.m. at the Darien Y. The cost to attend the workshop is \$65, which includes a chance to win a free massage (\$100 value) in a raffle. Women who are mothers of children of all ages are welcome to register.

The workshop will be hosted by experienced moms/business women/coaches Kim Bealle and Victoria Gonin. Former co-workers at Young & Rubicam advertising agency, the two reconnected in 2017 at a leadership program lead by the Coaches Training Institute.

Both women had long careers in business (Bealle at Y&R, Saatchi & Saatchi, Kraft Foods; Gonin at IBM and Resources Global Professionals); each had raised three children; and both trained as coaches with CTI.

Currently, Gonin is deputy director of alumni relations at Dartmouth College, and Bealle, a longtime Darien

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resident, is a career coach.

To attend the Graceful Transitions workshop, RSVP to kimbealle@gmail.com. For questions, please call the Darien YMCA front desk at 203-655-8228.