

Workshop for Women Considering a Return to Work after Having Children

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Back by popular demand, the Darien YMCA is once again hosting “Graceful Transitions,” a workshop for women who are considering a return to work after having children.

The workshop will be held on Friday, March 23 from 9 a.m. to 2 p.m.. at the Darien Y. The cost to attend the workshop is \$115 for Y members and \$125 for non-members which includes lunch and a chance to win a free massage (\$100 value) via raffle.

Women who are mothers of children of all ages are welcome to register. “Graceful Transitions” was sold out when it was held in September 2017 so early registration is recommended.

This five-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 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

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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 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.