

Changing Focus

Moving From We to Me

YOU are a team player.

YOU can lead a team.

YOU have served our Nation honorably.

Are YOU ready to be your own CHAMPION?

Changing Focus is designed for service members who will leave, or who have left, active duty within the next/past two years. All veterans, regardless of when they left active duty, are eligible to attend.

Most people know they could have a better life - that they could be more and have more; that their life could be more rewarding. Yet, they are unwilling to take time to figure out what is missing so they can live the life they dream of.

“The best time to plant a tree was 20 years ago. The second best time is now.” – Chinese Proverb

You know how to pinpoint your team members' strengths. Have you ever taken time to do the same for yourself? What do you bring to the table? As you transition to life outside of the military, it's important to identify and value your individual assets. No one will ever place a higher value on you than the value you assign yourself. Yet, you are more likely to underestimate yourself than you think. You need an experienced partner to help see yourself accurately. If you try and do this alone, you are likely to sell yourself short - resulting in a substantial difference in your future life. We don't want that to happen to you.

You know how to implement a plan for the unit mission. Do you have a mission plan for yourself – for your own life? What do you want the rest of your life to look and feel like? The life you desire - and deserve - will not just show up. If the life you want is going to happen, it will be because you planned for and created it.

You know how to identify what will hinder your team. Have you ever looked inside yourself to discover what might keep you from achieving your dream? Do you understand the neuroscience of change? It's not rocket science - but if you don't get it, it can hold you back. Change affects your brain. Learn how to keep it from limiting you and your future.

NOW is the time to change your focus from your team to yourself.

Start the next phase of your life ahead of those who don't, or won't, take time out for themselves. Spend three days with fellow veterans doing the same thing. Don't settle for just any life. **Choose what YOU want from life.** Take time to focus on yourself and your future. **Prepare to live the life of your dreams . . .** not one that just happens to you!

Changing Focus is a sequence of training and interactive exercises conducted over a series of intensive indoor workshops and an outdoor experience. Session size is limited, so register early.

There is an extraordinary effect of going through this transformational program with a loved one, so plan to bring your spouse or significant other with you.

July 19 (7 pm) – **July 22** (noon)

The Westin BWI, Linthicum, MD

\$97/person; \$147/couple

Register at <https://changing-focus.org/register>