



Each of us uniquely journey's through happy and sad transitions: empty nest, divorce, illness, marriage, college, new career, re-locating, blending families, care-taking, grand parenting, death, and new interests.

What do you know about the way you make changes? Whether by choice or circumstances, all of us have stood in the unknown of not being where we were and not yet, where we will be.

Our culture does not teach you how to view, approach, and execute an authentic thread to follow. Natalie has been featured in *Time Magazine*, *NY Times*, *Lifetime Radio For Women*, *LA Times*, *USA Today*, *Washington Post*, & *Better Homes And Gardens*.

She will guide you with her humor, compassion, and enthusiastic style. She offers concrete tips and exercises as she listens and implements with you.

5 Thoughts for Transition

1. What thoughts and feelings are you having today in this unknown place?
2. Do you need a tweak, an overhaul, or a goodbye?
3. What support and resources do you think you need?
4. How do you develop a healthy view of what's next for you?
5. What do you long for that creates something new and authentic at this cycle of life?

A LITTLE ABOUT NATALIE

Her passion grew from a life of transitions she has lived: leaving her dream college year as a Freshman, because her parents needed her to move West from East, Master's degree in Speech Therapy, marriage, bed rest for five months while pregnant, mother to beautiful, healthy daughter, Natalie's sudden life threatening illness when her baby was just eighteen months old, forced her to leave her child for surgeries and stays in and out of intensive care for weeks and years of illness back and forth from home to hospital, divorce, healing to wellness, re-locating, re-marrying, re-inventing her 30 year career to launch Empty Nest Support Services, care-taking her parents with kidney and cancer illness, empty nest, as her only child moved East from West for college, suicide of her best friend, death of her parents, travel solo for work and pleasure.

Born with the middle name, HOPE, she relied on it. When that wasn't enough to pull herself up after the suicide of her best friend, who left three boys and a husband, who are her brother and nephews, she dug deeper, looked back at her life and forward, realizing compassion and curiosity were her best daily tools, not guarantees.

She can't help but carry humor and hope in her heart. When her house emptied of her daughter's life and friends, and she sat in the new quiet and unknown, she birthed her writer, where she writes for her website and parenting and boomer monthly column websites. She travels the country teaching and is grateful for the new friendships and learning. More free time from being an empty nester opened another unknown interest, photography. She uses her photos for all her blogs, for creativity, and has sold photos in her city of Los Angeles.

Who would have thought the grief of shifting her role as a parent, would have birthed so many new interests and friendships? Travel kicked in, her organic garden expanded, and she has the joy of welcoming home her daughter, as well as, visiting her in San Francisco where they hike, eat out, hear music, and visit with other friends.

Join Natalie at **Tecate, Baja California, Mexico, May 14-21 and October 29 - November 5, 2011** –Rancho La Puerta, the world-renowned fitness resort and spa in Baja California, where she will be returning to teach for a week *LIFE IN TRANSITION, WHAT'S NEXT?*

Contact for further information,
U.S. Reservations Office:
RANCHO LA PUERTA FITNESS RESORT & SPA
11696 Sorrento Valley Road, Suite 203
San Diego, CA 92121
T: 800.443.7565, 858.764.5500
F: 858.764.5560
E: reservations@rancholapuerta.com
www.rancholapuerta.com

A Partial list of Awards for Rancho La Puerta:

Travel + Leisure

- 2010 "World's Best Destination Spa"
- 2009 "Top 10 Destination Spas"

Conde Nast Traveler Readers' Polls 2010

- 2010 "World Savers Awards" honorable mention Spa
- Magazine's Silber Sage Readers' Choice Awards
- 2010 Favorite Destination Spa - International
- Favorite Eco/Green Spa

Natalie knows transitions pull you into a gift and a curse. What gets birthed is worth the grieving and the confusion.

Contact Natalie to sign up for other retreats, workshops, support groups, speaking engagements, and private consultations. If you gather 10 people, Natalie will fly to your city to ignite a group and teach you how to keep that support ongoing. Invite her to speak at your events.

Make time for yourself. Call Natalie to schedule an appointment for you to re-evaluate, re-calibrate, whether it is for good fortune, unhappy circumstances, or to prepare for a change that is around the corner.

"And then the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom."
Anais Nin

Visit her website that includes an active message board for ongoing support, blogs, stories, live audio conversations, FAQ video, tips, testimonials, schedule, and more.

Wishing you the support to go past your fears, confusions, and dive into newness.

Natalie

Natalie's Calendar



Red Mountain Resort, Utah
April 9-12, 2011

www.redmountainresort.com

Boomer Summit, San Francisco
April 29, 2011

www.boomersummit.com

Rancho La Puerta
Tecate, Baja California, Mexico
May 14-21, 2011 and

October 29 - November 5, 2011

www.rancholapuerta.com

Private Sessions
Philadelphia, PA

June 10- 12, 2011

Los Angeles Workshop
"Life In Transition, What's Next"
July 29-31, 2011

Interviews With Natalie

Caroline Dowd-Higgins

"Transitions"

April 4, 2011

www.notthecareerordered.com

Boomer Nation Talk Radio – WGUL 860AM

"That's Life" March 6, 2011

<http://www.boomerradioshow.com/listen.html>

June 2, 2011

This Little Parent Stayed Home
with Ally Loprete on Toginet Radio

<http://thislittleparent.com/2011/03/18/the-ideal-you-how-to-become-an-exemplary-version-of-yourself-as-a-parent-and-an-entrepreneur-03-11-2011/>

March 11, 2011

The Mom Advocate, Ann Marie

BlogTalkRadio.com

February 28, 2011

July 14, 2011

• *LIFE KEYS* with Lauren Mackler

<http://www.contacttalkradio.com/hosts/laurenmackler.html>

July 11, 2011, 9am-10am ET.

