

THE Women BECOMING

TRANSFORMATION KICKSTART PROGRAM



Are you a woman at midlife or beyond who's feeling a yearning — a restlessness, and a longing for a change in your life? Seeking greater happiness, transformation, joy, and expansion personally and professionally? Want to make changes that allow you to enjoy a more vibrant inspired second half but don't know where or how to begin your journey? Have you made strides towards a more fulfilling second half but are feeling stuck? Are you asking yourself "now what?" and "what's next"?

Every new stage of a woman's life demands new strategies and support for navigating and traversing the transformations we encounter and the changes we desire to make at that time. Clarity of purpose and passion in midlife can be elusive. Changes for women in the wisdom years can feel overwhelming and transformations can feel isolating and lonely.

The Women Becoming Transformation Kickstart Program provides women in midlife and beyond with support, strategies, and inspiration for clarity of purpose, reinvention and transformation. It's the program for women in their wisdom years who long to create a happy, healthy, sexy, vibrant second half.

The **Transformation Kickstart Program** is a three-month custom, personalized experience that serves to design a clear vision and set of practices for turning dreams and longings into reality. It includes a package of six, one-hour/twice-per-month virtual meetings with Dr. Finn.

**Transform and expand in your career. Improve your health.
Feel more connected in your intimate relationships. Have more adventures.**

Get started TODAY on your journey of transformation and reinvention at midlife. Contact Dr. Finn directly for all the information you need about the **Transformation Kickstart Program**. Email bmmfinn@aol.com or call 518.260.0241.



Dr. Bridget M. Finn is the Founder and President of Women Becoming, LLC. She is a feminist, therapist, coach, and women's rights activist with over 35 years of experience helping women create happy, healthy, vibrant, inspired lives while navigating the burden and reality of patriarchy, oppression, misogyny, and inequality.

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