

A WORKSHOP



The main goal of this workshop is to improve the well-being and resiliency of military spouses and families by:

1. Empowering family members to take responsibility for, and action towards, their own joy in life.
2. Sharing tools that help military spouses proactively strengthen their personal resiliency to better handle the stresses of deployments, moves and other military life challenges.
3. Showing spouses how military life is full of possibilities for themselves personally – for their own dreams.
4. Helping each participant to leave impressed with themselves and what they can do; knowing what changes they want to make and knowing that they can take action.
5. Providing a fun, interactive, inspirational workshop full of information that spouses can put to immediate use in their lives.

The added benefit of this workshop: To help family members be forces for retention rather than for separation. Spouses who adopt an attitude of creative/positive/possibility thinking – who are excited about their own lives – have a positive effect on military readiness and retention.

Comments from participants in programs presented by Holly and Kathie:

“A tremendous impact on my life and work — I have a choice!”

“Excellent! I could listen to them all day. They are very motivational and enthusiastic.”

“This seminar changed my life!”

“Stop feeling sorry -- and take charge!”

“The two of you make a good combo – mother and military/career woman. You are able to relate to the entire audience.”

“This workshop really helped me change my mindset from what I am missing to what can I do to improve my life and how to go about it.”

“Helps to get one to ‘snap out’ of negative cycle thinking. Be proactive!”

Client Testimonials:

This seminar proved to be a great empowering source for family members to relate to their challenging experiences within a military environment. It provides tools to the audience to conquer fears, clarify dreams, and the enthusiasm to accomplish anything. They give their audiences the inspiration to decrease limits and increase potential.

— Lucia W. Braxton, ACS, Ft. Stewart, GA

Thanks for your superb seminars. I received exceptional comments from military personnel and non-military guests alike. The sessions were interactive, fun and motivational.

— MAJ David Burns, US Army Reserves

3-Hour Workshop Outline:

Information provided in the workshop is based on the many research studies on happiness and resiliency along with the American Psychological Association's Positive Psychology findings. In addition, Kathie and Holly have spent the past 18 years interviewing thousands of military spouses from all services to learn how they make military life work for them, despite its many challenges. This workshop is based on this information, covered in great detail in their book, *Military Spouse Journey: Discover the Possibilities & Live Your Dreams* (a fully revised and updated 3d edition of their previous book, *Help! I'm a Military Spouse — I Get a Life Too!*)

- **Research on Life Happiness** — and what you as an individual can take action on (versus genetic programming and circumstantial factors outside your control).
- **Key Findings Overview:** five key findings that show up in all the research studies. The key factors we cover are also the key factors that help to get you through challenging times like deployments.
- **Energizers/destressors:** Information and tools on simple things you can do to relieve your stress and increase your energy (all things that can be done in short amounts of time.) This is all research-based information. We intersperse actual energizing exercises throughout the 3 hours so that individuals experience as well as learn about these tools.
- **Key Finding One: Support/Relationship/Community.** Ways to create community as you move with the military. Ways to strengthen your relationship with your spouse both when they are home and when they are deployed, again based on research by Dr. John Gottman and others. How to connect with extended family and friends as you move.
- **Key Finding Two: Faith, Hope & Gratitude.** The power of gratitude, based on research studies. Simple ways you can apply to your daily life. The power of attitude.
- **Key Finding Three: Simple Joys.** Exercise and research on the importance of simple daily joys — the impact on happiness, energy and problem-solving capability.
- **Key Finding Four: Conscious Choice & Action.** The importance of knowing your life priorities and setting action plans in motion. Through examples from other military spouses, through exercises during the session, each individual sees that there are possibilities for them no matter where they are stationed, whether or not their spouse is deployed. The key here is learning to live in possibility thinking themselves, throughout their military life.
- **Key Finding Five: Reaching Out.** The value of sharing your strengths for the greater good.
- **Dare to Dream Teams:** How to create your own support group as you move with the military, to keep your possibility thinking strong and to keep your motivation and attitude up.

Fee Schedule

35-90 Minute Keynote \$2450*

Half-day (3-hour) Workshop \$3000*

Fee includes 100 *Military Spouse Journey: Discover the Possibilities & Live Your Dreams* books for ongoing inspiration, a reminder of core messages, and additional details and resources

* Handouts to be reproduced by client. Room set-up, flip charts and audiovisual equipment provided by client.

* Travel and expenses paid for by client (includes airfare or mileage, hotel, meals, ground transportation) Note: Holly travels from Warrenton, VA; Kathie travels from the Oregon coast area.

Note: We are happy to provide a complete work statement with cost projections for your specific location and workshop needs. For planning and budgeting purposes, a stateside workshop, to include fees and travel expenses averages \$5000 total contract.

Payment Methods:

By electronic payment using WAWF, check to Hightower Resources or by VISA / MASTERCARD.

Hightower Resources is registered with SAM database.

Hightower Resources has a valid and active DUNS number, CAGE code, TPIN and EIN.

Mailing address Hightower Resources per DUNS registration is:

38415 Reed Road; Nehalem, OR 97131

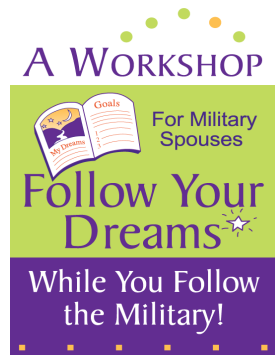
503-739-1505

Contact Kathie at kathie@militaryspousejourney.com, Holly at holly@militaryspousejourney.com or the phone number above.

Meet Your Presenters

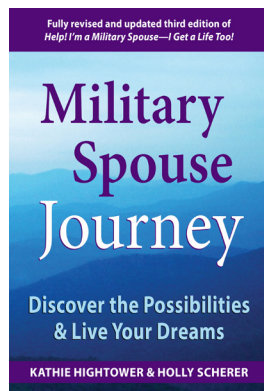


Kathie Hightower & Holly Scherer



Holly & Kathie have presented their workshop *Follow Your Dreams While You Follow the Military*

to military spouses of all services since 1994 all over the United States, Europe, Japan and Korea.



They have keynoted military spouse conferences all over the United States as well as in Germany, Italy and Korea.

They are coauthors of the book *Military Spouse Journey: Discover the Possibilities & Live Your Dreams*, Elva Resa Publishing, September 2013

They have co-authored the *Married to the Military* column in the Air Force/Army/Marine Corps/Navy Times newspapers, *Your Dreams & Possibilities* column at CinCHouse.com, the *Dare to Dream* column in *Military Spouse* magazine, a life skills column at *Military.com* and *Mobile Careers* column in *Military Money* magazine as well as many other articles & columns in military publications & club newsletters.

Military Spouse magazine selected the duo as two of the first ever *Who's Who in Military Spouses*.

1001 Things To Love About Military Life, coauthored with Tara Crooks and Star Henderson, Hachette Books, November 2011.

