

Getaway Weekends for Women

reflect recharge refocus relax

Getaway Weekend in Maine Registration Form

Location: The Welch House Inn, Boothbay Harbor, Maine. www.welchhouseinn.com

Dates: Friday-Sunday, October 28-30, 2011. Optional Social Media Workshop on Monday, Oct. 31.

Name:

Address:

City:

State/Province:

Zip Code/Postal Code:

Country:

Daytime Phone:

Cell Phone:

E-Mail Address:

Please respond to the following questions to help us better plan:

I. The Getaway Weekend is customized according to what topics are most requested by the participants. Sessions are structured as presentations or facilitated discussions. Potential topics to date are as follows:

*Are you making changes and choices in the role of "work" in your life?

*Are you in "transition?" Shifting into a new chapter as you change jobs or careers, become an empty nester, move to a new community, care for children and/or parents?

*Do you desire additional time for yourself and/or seek increased flexibility? If you had more time, what would you do with it?

*Do you have a sense of “well being” as you evaluate components of your life including the following elements; professional/career, social/family, financial, physical and community?

*Would you like to better understand and use online professional and social networking tools?

Question for you: Which of these above themes are of particular importance to you?

II. What additional topics or themes are of interest to you?

1.

2.

III. When do you plan to arrive and depart? There are optional outings on Friday, Oct. 28 and the Social Media Workshop on Monday, Oct. 31.

IV. How do you plan to travel to Boothbay? (Ex. Fly to Boston and rent a car. Take a bus from Boston to Portland where we will pick you up. Fly to Portland.)

V. The price of the Getaway Weekend program is \$395 which includes meals, breaks, weekend activities, facilitation and program materials.

The Social Media Workshop on Monday is \$75 including lunch, presentation and the program materials.

Please make a check payable to The NewHeight Group and mail it with the registration form to Susan Morris, PO Box 88, West Boothbay Harbor, ME 04575. Alternatively, you may pay via PayPal (using susanvmorris@aol.com as the requested email address on PayPal). Checks are preferred. Payments become non-refundable on October 7th, three weeks prior to the weekend.

The Welch House Inn is offering very special rates of \$125 single occupancy and \$150 double occupancy. There is one smaller room available for \$90. Once you register, please contact owners Susan Hodder (an alumni of a Getaway Weekend) and Michael Feldman to make your reservations. Their web site is www.welchhouseinn.com and the telephone number is 207-279-7313.

VI. Any additional comments or questions? Contact Susan at 207-633-4328 or susan@newheightgroup.com. Cell is 202-257-9241.

Thank you for participating in the Getaway Weekend for Women in Maine.