



## COLLABORATIVE ROSTER SOCIETY

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### A Workshop for Navigating the Change Process

For Collaborative Professionals

Led by Ali Fillmore and Tereasa Golka



***Navigating the Change Process*** is a 3-hour workshop for family law professionals to experience a slice of *Alchemy of Endings*, a 6-module group course that supports people as they navigate the emotional difficulty and weighty experience of separation and divorce.

This workshop is intended to be personal development for family law professionals. It will provide greater insight to the emotional complexity clients experience as well as tools to connect with clients in a powerful way.

In this workshop, participants will: understand the change process and how it impacts them; identify limiting behaviours that are holding them back; adopt antidotes to shift toxic behaviours.

**About Ali Fillmore:** Ali has an extensive background in facilitating and coaching in service of leadership and personal development. She is skilled at inspiring others to transition to the next phase of life with ease to experience a new level of living. Ali’s warmth and humour ease participants’ trepidation when starting a new program. Currently, Ali is navigating her own journey of separation and divorce.

**About Tereasa Golka:** As a leadership development and midlife change coach, Tereasa’s work spans individuals to First Nations administrations and government agencies. She is a graduate of CTI’s Co-

Active coaching program, advanced relationship systems, process psychology, and leadership development training. Tereasa is of mixed heritage; European and non-status Sylix (Colville Federation).

**Date:** Friday, February 3, 2023 (In-Person)

**Where:** Clarke Wilson LLP 885 W Georgia St #900, Vancouver, BC

**Time:** 1:00 – 4:00 p.m.

**Credits:** CPD approval pending

**Cost:** Free for Members of the BC Collaborative Roster Society

Non-Members \$75 inclusive of GST (\$71.25 + \$3.75)

**RSVP:** by January 20, 2023 to [info@bccollaborativerostersociety.com](mailto:info@bccollaborativerostersociety.com)

**To Register:**

- For Non-members, please E-transfer your payment to: [info@bccollaborativerostersociety.com](mailto:info@bccollaborativerostersociety.com)
- If you are not able to E-transfer, please mail your cheque payable to 'BC Collaborative Roster Society' to Attention: Hazel Russo at #105 – 1500 Howe Street, Vancouver, BC V6Z 2N1.