

next move  
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**FINDING  
MOTIVATION  
&  
NAVIGATING  
UNCERTAINTY**



**4-Week Virtual Seminar  
June 24 - July 15  
Wednesdays  
7-8pm**



Want to learn more?

**Join us for an info session.**

Feel free to invite friends!

Tuesday, June 16th, 11-12 pm

or

Thursday, June 18th, 7-8 pm

**Sign Up**



# Take the Next Step.

Register Here

## Session topics:

- Recognizing “What am I in the middle of?”
- The Power of Listening & Tuning In
- Structure for Support & Accountability
- Keeping Momentum Going

Next Move, with the support of the Moraga Community Foundation, is offering this program for free to all participants (Value: \$295/pp).

Email: [contact@nextmovenetwork.com](mailto:contact@nextmovenetwork.com)

Website: [www.nextmovenetwork.com](http://www.nextmovenetwork.com)

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