

*Online Flagship Program
with Carolyn Moor*



modern
WIDOWS CLUB

pivot

Online Flagship Program with Carolyn Moor

Welcome to my flagship program

PIVOT. *What I've observed in widowhood is how many women feel their life is spinning out of control on many levels. Yet, still hopeful they will find solid ground, alignment and connection which brings both peace and confidence in their thoughts and actions. A SIMPLE PIVOT is what is needed. Widowhood is chaotic; it is confusing. When you find how strong your center axis really is, you will feel solid and grow. I'm honored to share what I've learned in the last few decades of doing this for myself and for hundreds of other widows.*

– Carolyn Moor



TIME FRAME January to June 2022

DELIVERY THINKIFIC Online Course

TOTAL COST \$3,000 paid in full

OR

6 monthly payments of \$500
totaling \$3000

courses.modernwidowsclub.org

*“I believe in divine timing,
our actions change the
trajectory of our whole life”*

Think of this as a hope

holistic

resilient

empowering

strong

peace filled

confidence

transformative

compassionate

creative ----->

incubator

rebirth

house

framework

milestone

mastermind

group

wisterhood!



Total Benefit

6 months of support, accountability and training on how to be the constant axis in your life as you pivot and grow.

Each month there will be a total of 3 – 90 minute calls

- One inspirational session with Carolyn
- One with Featured Expert includes Q&A
- One live Q&A round up session with Carolyn
- Private FB page
- Two pre-event assessments
- **Bonus:** Access to Carolyn's private resource library

Benefits to Expect from PIVOT

PIVOT will help you become centered and know in your core that you are the center axis in your life with a structured course to follow along and engage in.

No matter what life throws at you, no matter what changes, you don't have to worry about spinning out of control. Instead, you are rotating purposely and stay mission-driven for yourself and your future dreams. When things change and come to you – simply pivot in a new direction without getting off balance.

We acknowledge widows' true strengths, best form of communication and stage in widowhood in order to harness them for your unique use journeying and pivoting in widowhood.

The 6-month group widow mentoring program will show you how to meet life with flexibility and resilience.

PIVOT is designed to take you through the main pillars in life that you need to develop and strengthen, such as

- Emotional & Mental Health
- Financial Health
- Physical Health
- Spiritual Health
- Relational Health
- Fun & Creativity Health
- Purpose & Meaning Health

The program will be **delivered by ZOOM** and show you how to meet life with flexibility and resilience.

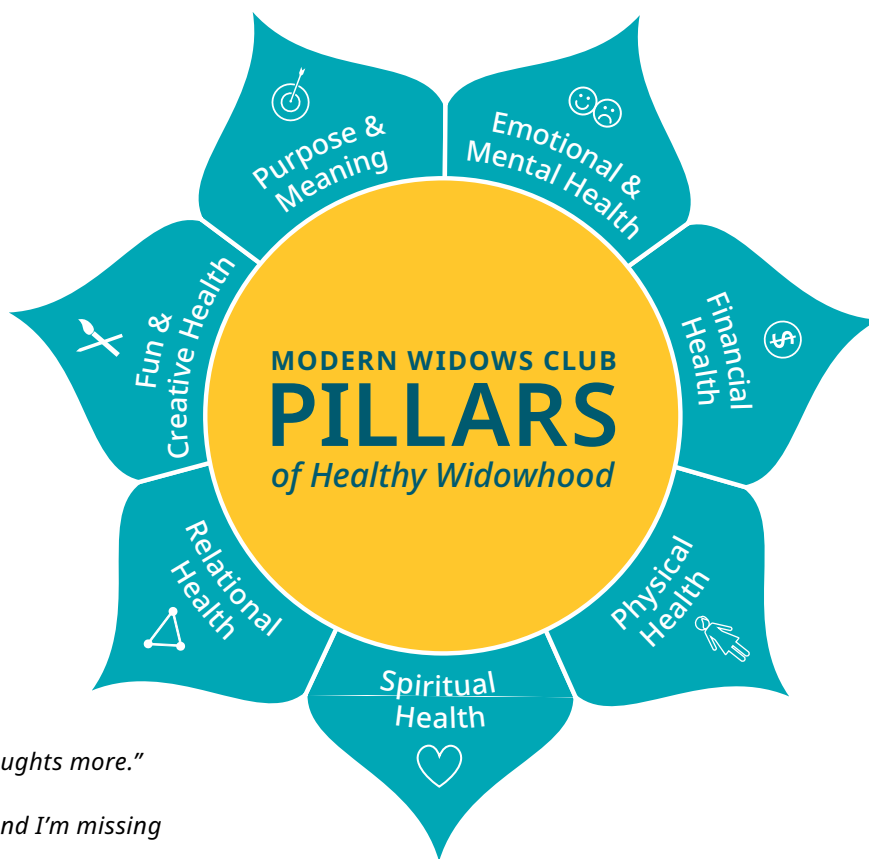
Who took this PIVOT Online Course?

- Canadian widow, 60's with 3 grown sons, financially secure, retired, looking for a spiritual direction, available via virtual avenues. Not dating and family is supportive. **Sudden death.**
- U.S. widow, Midwest, young mom in her early 40's with 4 children under 10. Looking to find her voice and place where she belongs. Didn't work for two years. I have started dating. **Accidental death.**
- U.S. widow, NE, in her 30's, no children, very busy at work. **Suicide death.**
- U.S. widow, Midwest, in her 50's, a nurse in a rural town, no children. **Anticipated death.**
- U.S. widow, north, in her 40's with 2 special needs kids, caring for an elderly mother, works full time and is tired, but wants to find purpose. **Anticipated death.**
- U.S. widow, West, in her 50's with a college aged son, transitioning work careers, dating again. **Sudden death.**

“The voyage of discovery is not in seeking new landscapes, but in having new eyes.”

– Marcel Proust

Monthly PIVOT Topics (in this order)



Emotional Health Widow Session Quotes

"I realized I need to pay attention to my thoughts more."

"I feel guilty taking a break to care for me and I'm missing the me that used to be with them."

Financial Health Widow Session Quotes

"I have to take my power back in this area. I've been taken advantage of for too long."

"I'm doing more and now, I need my money to do more for me too."

"I'm a shopaholic and it's hurting me now."

Physical Health Widow Session Quotes

"Finding the motivation is difficult. I need more awareness to move and transform myself."

"It's difficult to understand the amount of energy grief is to my general health."

Spiritual Health Widow Session Quotes

"Time to stop the damage to my soul."

"I know it's time to take my power back, but I struggle with others not feeling connected anymore."

Relational Health Widow Session Quotes

"I've realized not to settle because you're lonely. To see your value and look for it in others as well."

Fun & Creative Health Widow Session Quotes

"I forgot how important tapping into my creativity energy was to healing."

Purpose & Meaning Health Widow Session Quotes

"You get to have a new identity."

NOTE: Each PIVOT Topic includes a Guest Expert

PIVOT 6-Month Mentoring Schedule

Session 1 First Tuesday 8pm EST

Session 2 Second Thursday 8pm EST

Session 3 Third Saturday 12pm EST

NOTE: All sessions are recorded, then posted immediately after each session for your viewing convenience.

January – Emotional & Mental Health

Jan 4 Carolyn Moor

Jan 13 Guest Speaker: Christina Rasmussen

Jan 22 Sharing Session



April – Spiritual Health

Apr 5 Carolyn Moor

Apr 14 Guest Speaker: Michele Grace Lessirard

Apr 23 Sharing Session



February – Physical Health

Feb 1 Carolyn Moor

Feb 10 Guest Speaker: Dr. Marissa Magsino

Feb 19 Sharing Session



May – Relational Health

May 3 Carolyn Moor

May 12 Guest Speaker: Kristine Carlson

May 21 Sharing Session



March – Financial Health

Mar 1 Carolyn Moor

Mar 10 Guest Speaker: Laura Amendola

Mar 19 Sharing Session



June – Fun & Creativity Health

Jun 7 Carolyn Moor

Jun 16 Guest Speaker: Dr. Linda Shanti McCabe

Jun 25 Sharing Session and Purpose & Meaning Graduation



What PIVOT Widows Said

PIVOT Pre-Program

Where do people like me go?

I want something different.

I love all the positive love stories at MWC. I want to be one, but I don't know how.

Curious about what's possible for my future.

This grief group isn't working for me anymore.

I'm starting with much trepidation, but I'm starting.

I was looking for something more than grief groups.

What do I do with myself now?

Feels like this is a 'can do' group.

I didn't feel like I fit in anywhere, but with MWC I feel like I belong.

I want this tribe

PIVOT Post Program | Transformative and Transfigured

I signed up to find my 'why' and 'how' and I found it.

I found my voice and I'm very discerning of others.

I'm aligning my priorities better.

I can see what I can do for others.

I'm aligning my priorities better.

I've been given a story to share, so I'm sharing.

I can and will do my part.

I'm letting go of little things that held me back.

I'm setting new boundaries.

I want to use my time and effort better now.

I feel empowered to create change.

I'm doing the best I can with what I've got.

The weight on my shoulders is less now.

I see now what I can do for my kids and myself.

I'm letting go of little things that held me back.

I can see what I can do for others.

It's time to not care what other people think.

I have a new perspective on life in general.

I'd like to launch an MWC Community.

I'm letting go of little things that held me back.

I can see what I can do for others.

It's time to not care what other people think.

I have a new perspective on life in general.

I want to do things on my own terms.

I'm called to uplift other widows now.

I'm pretty sure I'm experiencing a miracle.

It's time to not care what other people think.

PIVOT Testimonials

“In February of 2018, I found myself lost and devastated after losing my husband of 18 years to a short battle with lung cancer.

After struggling through 5 months and unable to find any appropriate grief support, I took to the internet for assistance. This is where I found an understanding and inspiring group of women with Modern Widows Club.

My life really restarted at the Modern Widows Empowerment conference; I had begun dating but was still trying to figure out how to move forward and just be happy again. At the conference, I was introduced to the PIVOT program, a more in-depth, small and intimate group of ladies who were going through the same emotions — all of us at different places in our lives.

The PIVOT program continued my growth and adjustment, healthy ways to deal with grief, finances, and so much more. Beginning a new, loving and relationship with open communication was key.

Since that time, I have remarried, and I continue to use these skills and support. I have met so many ladies who are just email, Facebook messages, or text away when the inevitable waves hit. Carolyn is such a calming and reassuring person and such a wonderful asset and friend to help so many ladies through this time. One of my biggest takeaways was knowing where to find the resources to help myself and other widows in my community.

I would highly recommend the PIVOT program to widows at any stage. There is so much more life and love to give. Life doesn't have to stop with the death of our loved one. Let this great organization help guide you through widowhood.”

– Kelli L., BSN, RN

“I started the PIVOT program a year and a half into widowhood. I was out of the fog of the first year and in the thick of year two. I needed help, encouragement, and support to get me to the next step of rebuilding my new normal. I could feel myself slipping to the negative, and I didn't want that path. PIVOT helped me build and develop the resiliency skills I needed to heal and move forward in my journey through grief. I know I would not be as healthy or happy right now if I did not have the support of both Modern Widows Club and PIVOT!

I loved being a part of the PIVOT program because of the support and developing a relationship that fosters healing from Carolyn and my other group members. The ability to have one-on-one teaching and guidance from someone who knows widows, has a heart for widows and has the knowledge and education to support and make a difference in the lives of widows is incredibly impactful.

I would recommend PIVOT to any widow! PIVOT taught me that resiliency is a skill we can learn and develop, not just a trait we possess. Happiness can happen again after loss, and the development of resilient skills is key in this process. PIVOT teaches you the skills you need to develop resiliency! And Carolyn is wonderful with a contagious heart for healing that will undoubtedly inspire your journey through the program!”

– Katie S.

“Being involved in PIVOT with Carolyn and MWC gave me the support and resources to find my new self after my husband passed away. I was able to realize that there was a future for me, rather than “What happens now?”

It made me understand the importance of taking care of myself physically, mentally and spiritually. This, in turn, enabled me to PIVOT forward into a life with a new sense of self with my “new normal.”

I would encourage all Wisters who are trying to move forward with their “new normal” to consider PIVOT. It gave me the confidence and clarity to step into a future that I did not ask for, as we Wisters well know.

Thank you, Carolyn and MWC!”

– Rose P.

GOAL

Transfigure → Transform
into something more,
beautiful or elevated.
Rebuild, renew,
revolutionize,
reconstruct.

Investment

\$3,000 paid in full

OR

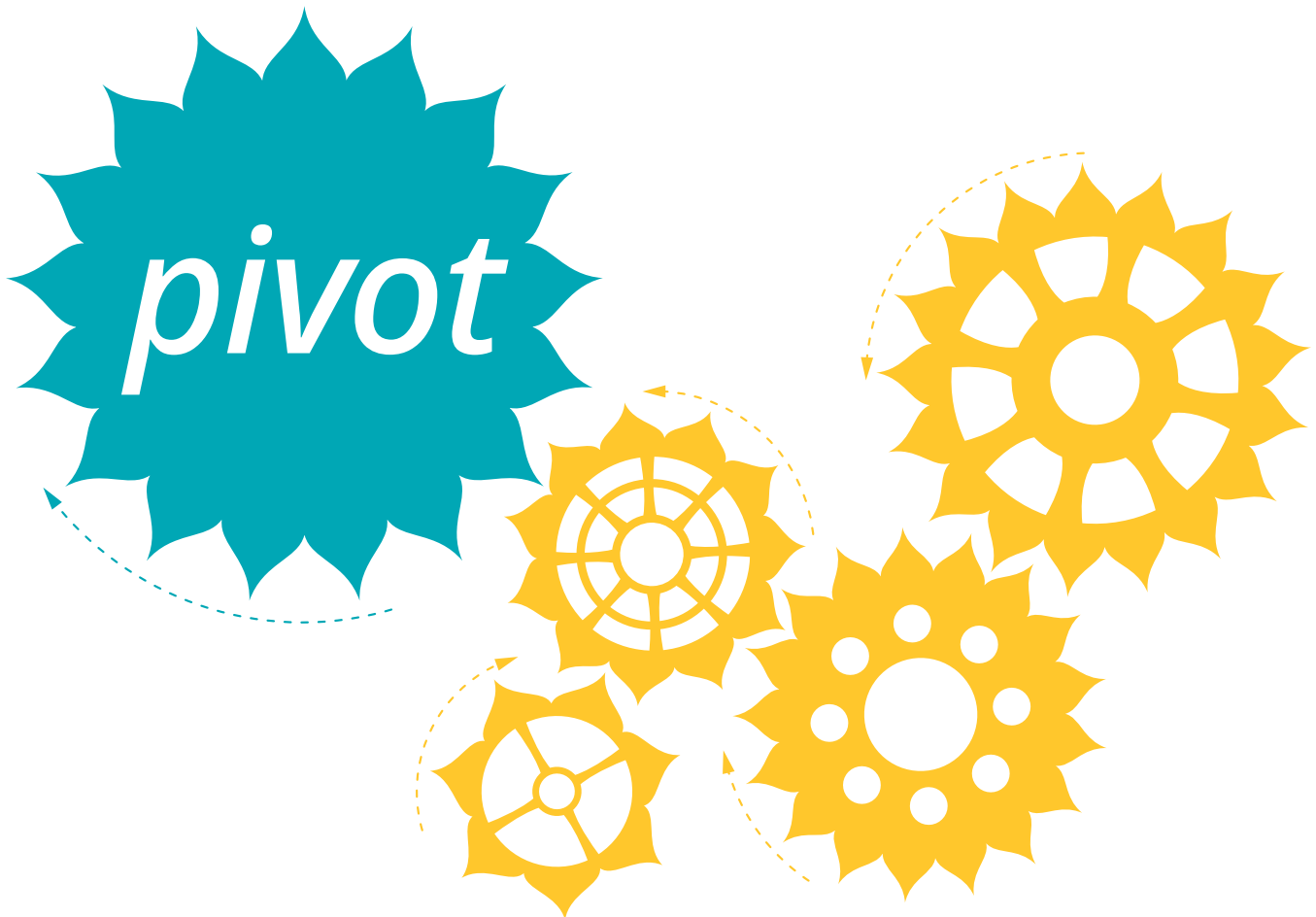
6 monthly payments of \$500 totaling \$3000

courses.modernwidowsclub.org

Guarantee

If you show up to all the calls, and you do the work and at the end of 6 months you feel like PIVOT didn't help you stay centered as you grew and developed, I will give you a full refund.

I was told that is taking a risk, but I trust that the woman that wants to take this journey is serious and needs support in making a major shift to a prosperous life, so I am willing to take that risk and do a leap of faith with you.



Become a widow supporter and help change the world.

DONATE modernwidowsclub.org – *select GIVE*
Text **MWC** to 407 602 6868

EMAIL support@modernwidowsclub.org

MAIL 561 Keystone Ave. #335, Reno, NV 89503
make checks payable to *Modern Widows Club*
Registered 501(c)(3) nonprofit EIN 46-1440059

CALL 844 4 A WIDOW

PODCAST HealthyWidowHealthyWoman.org

