



## WORKSHOPS

Mii amo

# Empty Nest – A Loss and a Gift

Presented by Becky Skaggs

**3:00 – 4:00 pm**  
**Mii amo Library**

Letting go of your last or only child as they leave home to start their own life can be scary and painful. Empty nest can bring on intense feelings of grief, loss of purpose, anxiety and stress. You may worry about your child's welfare even if you've adequately prepared them for their newfound independence. You may be struggling with a loss of identity and how to fill this void in your life. During this workshop, we'll discuss how to cope with these feelings while establishing a new kind of relationship with your children as well as discovering exciting new possibilities for your own life.

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## ABOUT THE PRESENTER

**Becky Skaggs** was living a comfortable life in the Mid-West. As she was approaching 50, her world fell apart with a divorce, loss of her home and financial security, her mother slipped into the abyss of Alzheimer's, and her daughter left home to start her own life. Becky slowly put her life back together and set out to use her life experiences to help others who were going through mid-life transitions. She became a Life Coach and co-author of the Amazon Top 100 best-selling book "Succeeding in Spite of Everything", published in 2012. Becky relocated to Sedona and enjoys working at Mii amo as an Aesthetician, helping men and women look their personal best and conducting workshops on mid-life topics.