
WHAT MATTERS NOW

Spring is making a beautiful, yet slow entrance

It's hard to believe an entire month has passed already since my last communication. So here are my latest offerings.

A) FOR OUR FRONTLINE WORKERS (online or phone options) - please share

- 1) **FREE ONE-TO-ONE COACHING** — a 30-minute individual coaching session with a focus on finding a safe space to voice concerns, to release stress and rebalance
- 2) **FREE ONE-TO-ONE SPIRITUAL COMPANIONING** – a 30-minute respite; a time to reflect and contemplate; a time to find support; an opportunity to go beyond by going within



B) EXCITING NEW and VARIED OPPORTUNITIES, beginning Monday, May 4th, 2020:

We will meet via Zoom for each of these opportunities. Please check the length of the gatherings and the dates as they vary from course to course.

*To register, just send me an email and use e-transfer to submit the registration fee to martina@martinasteiger.com. Check below for more information. **Registration is still possible during first week of classes.***

- A) **Re-Story Your Life (Life Review Writing): Part I** — Mondays, from 7-8:30pm (1.5h); **dates:** 4 sessions bi-weekly: May 4 & 18; June 1 & 15); **cost:** \$ 90

In this workshop we gather to explore the stories of our lives. Together, we reflect, write and share moments and events in our lives in a small group environment. You receive guidance, structure and helpful exercises along the way to excavate the stories that want to be told. These processes lead you to discover new or previously overlooked and unappreciated aspects of your past in a way that may help you generate new perspectives on your life right now and build resilience and coping strategies for the transitions in your life.

No writing experience is required, just a willingness to explore possibilities.

- B) **Don't Wait Till It's Too Late** — Tuesdays, from 10-11:30am (1.5h); **dates:** 4 sessions: May 5, 12, 19 & 26; **cost:** \$ 90

As has become apparent during this pandemic, we need to do a better job at creating clarity for how we or our loved ones want to be treated at the end of life. The time to think about it is NOW, not when under pressure.

This workshop focuses on topics related to Advance Care Planning, such as clarifications on what is expected and recommended in Ontario, ethical wills, and most importantly, how to relate your wishes or concerns to members of your health care team and your family, and much more. Our time together is designed to assist you with your questions, concerns and decision-making. We engage in difficult and crucial conversations and share tools and strategies in small group gatherings.

All are welcome, regardless where you find yourself, or a loved one, on this journey.

- C) **Candid Conversations: Exposing Death and Dying** — one session every second Tuesday of the month (May 12 & June 9); from 7-8:30pm (1.5h); **open to anyone 16 years of age and above interested in discussing death, dying, end-of-life; FREE** – just send me a message and I will provide you with a link

This is an informal gathering designed to address all matters of death and dying. Similar to a Death Café, we won't have a specific agenda; instead, you have a chance to bring forth questions or topics of concern to you. I serve as the facilitator and guide to the conversations, ready to generate further talking points. Just be curious and come with an open mind and heart.

- D) **Death Matters** — Wednesdays, from 10-11:30am (1.5h) for 6 consecutive weeks; **dates:** starting May 6 through June 10, 2020; **cost:** \$120

Death matters in all of our decisions, from how we cross the street and what we eat to which risks we take in life. So how then might an increased understanding of our mortality serve us as a valuable companion to living fully?

Death Matters: Living Fully by Inviting the Wisdom of Death and Dying into Life

is a course I have taught as part of the Lifelong Learning Program at Wilfrid Laurier University. Given that Laurier has cancelled courses for this Spring, I thought this might be of interest to some of you.

In this multidisciplinary course, we explore death matters—often considered dark and stark—with humour as well as with open-hearted and inquisitive reflection to learn how to live more fully regardless of circumstances. We examine how we can gain insights from end-of-life experiences to navigate a personal crisis or life transition at any time in your life.

It is structured as a seminar that allows for your participation. You also receive a wealth of resources to pursue at your own leisure.

- E) **What Matters Now** – Thursdays, from 10-11am (1h); **dates:** May 7, 14, 21, 28; **cost:** \$50 for 4 sessions

This workshop provides an opportunity to read and discuss a meaningful essay, article or a piece of literature that inspires us to reflect deeply on what matters most to us in this rapidly changing world. The reading is sent out in advance of the

workshop. In our time together, we enter into conversation about the challenges we are experiencing as well as the beliefs that support our resilience when we tap into our inner strengths. You also receive suggestions for further reading, reflections and writing.

REGISTRATION: Register as soon as possible_ I will catch you up if you miss the first class

*Registration is simple: **Send me a message by email to martina@martinasteiger.com or by text to 226-338-6707 — or give me a call at that number.** Tell me what you are interested in and I will respond with further information. **Then e-transfer (Interac) the registration fee as indicated above for the course to martina@martinasteiger.com.** Please include the course title in the message box when you transfer the payment.*

****If you would like to participate but find yourself in financial constraints right now, don't let it stop you. Instead, reach out to me and together we will create a solution.*

***If you live outside Canada,** email me to make the appropriate payment arrangements.*

I greatly enjoy working with you and appreciate you sharing these offerings with your friends. Stay safe and well!