

Discover and create the life you want - Together!

# Couples Career & Life Planning Program and Retreat

**OPEN TO SPECIAL OPERATORS AND THEIR SPOUSES/PARTNERS WHO ARE ABOUT TO OR HAVE RECENTLY TRANSITIONED OUT OF THE SERVICE.**



## **WHEN & WHERE:**

**Phase I: Fri, Apr 29 to Sun, May 1, '22, In Person Gilford, NH**

**Phase II: May 2 to Apr 28, '22, Virtual 90-day course**

**Phase III: Fri, Jun 24 to Sun, Jun 26, '22, In Person Gilford, NH**

---

Camp Resilience and NOSTOS-A Veterans Journey, are teaming to create a safe and experiential environment for Special Operators and their spouses to design, build and actively live the life they want in a fast-paced world in service to themselves, their families, their communities and the world.

Working with powerful visualization techniques and experiential learning we will engage your body, mind and spirit to discover and implement the civilian life you want to have together. Ultimately you will have a shared, achievable five year life plan including a long-range vision, purpose, current reality assessment and key action steps.

- A 3-day, in-person couples retreat with Camp Resilience in Gilford, NH.
- A 42 day online Creating Your Life Course with short 20-minute daily lessons taught by Robert Fritz . Including regular, required monthly interactive Zoom meetings to support learning and to build momentum
- A second 3-day, in-person couples retreat with Camp Resilience to complete the program.
- The retreats will include life planning workshops, wellness activities and seasonally appropriate sports activities.



**FOR MORE INFORMATION, CALL 978-219-4003 OR EMAIL  
INFO@CAMP-RESILIENCE.ORG.**

