

Transitioning Through Change: Getting Through Lifequakes

Tom Thibodeau, Program Director, Master of Arts in Servant Leadership
at Viterbo University, La Crosse, WI

Tom will dive into the book *Life in Transition: Life Quakes*, and give us the tools we need to make it through life transitions and learn how to do things in a new way.

Attendees will be guided through the ABC's of getting through major transitions:

- Agency (first step tasks that help us get started)
- Belonging (building trust)
- Cause (find a cause that gets you through)

Bio:

Tom is a husband, father, grandfather, teacher and an active community member. He is the founder of the Master of Arts in Servant Leadership at Viterbo University, the first master's degree of its kind in the nation, and also a founding member of hospitality and fellowship resource Place of Grace, in La Crosse