

# Empowered Living Groups

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Do you want to connect more deeply with others?  
Do you have life goals or major projects you  
perpetually neglect? Do you want to inject more  
creativity and vibrancy into your life?

You may want to consider weekly Empowered Living Groups.

These groups offer a setting for motivated adults to work on the blind spots in life—  
areas where we feel stuck, yet we aren't sure why.

## THE PROBLEM

Typically, blind spots have to do with those things that matter to us most: our deepest passions, biggest goals, or greatest wishes. We want to pursue these, but end up hiding from them, for fear we may never actually achieve or have them.

Self-growth can't be done in a vacuum. Left to our own devices and our old habits, we often pursue what we "should" be doing, rather than what we want to do. Yes, we can read books and try new techniques, skills, philosophies, and approaches. But if this is all we do, we are unlikely to overcome our blind spots, because only others can see these clearly and give us the support and insight we need to grow beyond them.

## EMPOWERED LIVING GROUPS

Tap into your need to connect and be known, and benefit from a sandbox to explore how to experience more growth, appreciation, and power in your life. These intimate 4-8 member groups are for high-functioning, diverse adults who are committed to the process of self-growth.

Fox Vernon, Ph.D., LCP offers Empowered Living Groups in the early evenings, Monday through Thursday. Each group is co-led by Fox in collaboration with either Jen McLish, LCSW or Courtney Morrison, LCSW, offering strong support for participants to explore and build upon the richness of their interpersonal group experiences.

Life can only  
be understood  
backwards;  
but it must be  
lived forwards.

— Søren Kierkegaard

## CONNECT

For more information, or for a free phone consultation, please contact Fox Vernon at 703.957-5778 or visit [www.foxvernon.com](http://www.foxvernon.com)

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*Connecting and Creating*