

WOACA Update
December 2005

Happy Holidays & Merry Christmas

First I would like to thank those of you who attended the Women of a Certain Age Conference in Napa on October 8, 2005. I took some down time which was easy for a woman of my age, and I apologize for not thanking you all for your participation and support earlier.

I've also been busy with future dates for the next conference to take place in Sacramento and/or Alameda County in Spring & Summer 2006. We'll keep you posted. I'm also working with a strategic planner and a marketing consultant...looking at the small and big picture of the future of Call Productions and Women of a Certain Age Conference.

If you want to check out the results of the October conference go to www.Call-Productions.com and you can also look at some of the testimonials and conference photos. There were great comments and suggestions for the next conference on the survey. The interaction between the audience and the speakers made for a very informative day for all.

Please let me know if you have any additional recommendations regarding speakers, topics, or anything you believe would be of interest to women of a certain age, please email me at scall@call-productions.com. Also send in names and addresses of friends who you think would be interested in attending the conference. We will travel the Bay Area this year and then who knows....maybe the world!

Group Coaching:

If you have any interest in joining a coaching group for midlife women please contact Sandra at 707-254-8508. It is amazing what can happen when a group of women show up fully for each other and share their gifts. If you want to move forward in a successful, timely and painless way, take this opportunity for yourself to receive weekly group support from a committed group of dynamic women...women of a certain age!

We can do this in-person as a group or via the phone.

Some Midlife Suggestions:

Midlife is a transition. No generation has previously had the choices, challenges and opportunities that we have. We may live 30 or more years after we turn 50.

- Do whatever you need to do for you to integrate the lost parts of yourself.
- Look back and remember what you gave up, what you loved, what gave you joy, what your dreams were.
- Listen to what she is saying. Listen to what she is telling you. Listen to *your soul, your spirit, your wise self who has been waiting for your attention for many years now.*

Have a lovely holiday,

Sandra Call Sultan
Call Productions

PS: I would like to thank the Women Of A Certain Age Advisory Council for their support and guidance: Luisa Heymann, Joan Reis, Rannell Dahl, Erin Kinchelo, Gail Mettes, Lauralyn Bauer, Suzanne Statler and Evelyn Duka, Beth Milliken Novak.