



The Thriving Empty Nester Bootcamp

Get off the Emotional Roller Coaster, Build Stronger Bonds with your Children, and Enjoy Your Life

Are you a mom in early stages of empty nesting who is struggling with the emotional whirlwind of seeing your children leave home? Are you constantly wondering "What's next?"

Your mission - should you choose to accept it - is to learn a proven 3-step system to boost your mental fitness so you can enjoy more peace of mind and healthier relationships with your young adult children in 9 weeks or less.

Imagine smiling and feeling secure knowing that your young adult kids are creating their own paths outside the house AND choosing to remain close with you. See yourself choosing new exercise classes, coffee with friends or new activities AND looking forward to fun visits with your young adult kids. You will have achieved a feeling of YES I can thrive as an empty nester while they thrive on their own.

We help you achieve this by:

- Helping you to acknowledge the emotions and challenges specific to the early stages of empty nesting, so that you can see a path forward.
- Introducing you to a mental fitness regimen that fosters wellbeing.
- Teaching you advanced communication techniques so you can deepen bonds with your young adult children.
- Support you as you step into a sense of purpose and satisfaction beyond your role as parent.

What People Are Saying...

“The sessions helped ground me in this new life stage - and how to best understand and manage my energy and emotions during this time of transition. I would highly recommend this to anyone.”

“Jenn & Jennifer did an amazing job of leading the group and being aware of the curriculum and goals while being attuned to the individual needs of group members.”

“Perfect, wonderful, inspiring, made me think.”

Here's an overview of your 9-week journey

Week 1: Embracing the Empty Nest

Recognize where you are and accept the emotional impact of the empty nest

Week 2: Embracing Change

If nothing changes, nothing will change: set a vision for your growth

Weeks 3, 4 & 5: Mental Fitness For Emotional Wellbeing

Build Foundations of Inner Peace

Weeks 6 & 7: Mindful Communication For Healthy Parent-child Relationships

Create mature parent-child relationships based on mutual respect

Weeks 8 & 9: Thriving Beyond the Nest

Celebrate your evolution alongside your children

What You'll Get

- **Small group Zoom calls, 90 minutes each, offered once per week for 9 weeks**
We're pleased to offer a unique opportunity to join a small Founding Member group this summer, where you'll enjoy personalized support to address your unique challenges and connect with a community of others on the same journey.
- **Weekly office hours** for 1:1 support in between sessions.

[If you're interested in a 1:1 experience, please [contact us](#) for pricing]

You'll also get...

- A **Progress Plan** to track progress as you go, so you'll always know where you are on your journey towards mission accomplished.
- **Communication techniques** and strategies to improve your relationship with your young adult children.
- An **integration week** so that you can fully absorb and apply the course material, ensuring a deeper understanding and seamless implementation of the skills you've learned.
- **Audio and visual handouts** so that you can revisit your newfound tools and continue to integrate them into your life after our 9 weeks together.
- A **Thrive Plan** integrating all the tools and strategies from our bootcamp so you can continue on your journey to thrive as an empowered empty nester.
- **Support and feedback** through every step of your journey.

When We Start

We'll be rolling out small groups in July, August and September. If none of these start dates work for you, [contact us](#) and we'll find a time that works for you!

- **July 10**
- **August 12**
- **September 10**

About Us

MeetMe co-founders Jennifer Gobus and Jenn Overboe have been supporting each other as best friends for 51 years. When they were younger, they lived across the street from one another. They would call each other and say, "Meet me in the middle of the street!" That phrase meant "drop everything and run out to our designated spot in the middle of the street" where they would talk and support each other through life's challenges.



As women who not only have studied and applied the science of positive transformation but also lived through the very real challenges of midlife transitions, Jenn and Jennifer have honed the tools and strategies to help others navigate this journey.

MeetMe's Thriving Empty Nester Bootcamp offers a unique coaching experience for women in the early stages of empty nesting, combining practical tools and skills with a "meet me in the middle of the street" vibe. This feeling of being supported by a best friend, coupled with expert guidance and proven frameworks, brings empty nesters on a journey from emotional whirlwind to an empty nest experience full of positivity, confidence and healthy relationships.

Your Investment

Making an investment in yourself is one of the most valuable decisions you can make. Take advantage of this limited time offer to become a Thriving Empty Nester Bootcamp Founding Member. Future versions of this bootcamp will be larger and at a higher price. Don't miss your chance to receive personalized guidance and support with this small group experience!

Your two investment choices*

- 3 installments of \$147
 - Invest in full for only \$397, saving you \$44
- [*contact us for 1:1 pricing](#)

Here's how to enroll in 2 simple steps:

- 1) Send payment via PayPal to @MeetMeLLC or scan this QR code.
- 2) Then send an email to support@meetmesolutions.com to schedule your onboarding call.



You've raised incredible human beings and now it's your time to soar! Your journey is far from over.

Enroll in the Thriving Empty Nester Bootcamp today and embark on a transformative journey towards rediscovering joy and purpose in this new chapter of your life. Take the first step to thriving with personalized support and expert guidance designed just for you.

Here's to Thriving!

xx Jenn & Jennifer



P.S. **To enroll**, simply send your first installment or your pay-in-full amount via PayPal to @MeetMeLLC, then send us an email at support@meetmesolutions.com. We'll schedule your onboarding call right away. We can't wait to help you thrive.

P.P.S. **If you have questions** about this Bootcamp, please [email us](#). **For more information** about MeetMe, please [visit our website](#).