

LIFe Action equips participants with the content, insight, tools, and practical options to take positive action when their lives are in transformation or turmoil due to the breakdown of a family relationship.

People with goals and a plan perform better and achieve better outcomes than people without. Over the course of the programme, participants are educated and oriented as to the family law and key personal choices that typically confront families in transition and use these practical approaches and insights to build individual, legal and financial action plans.

#### **The Individual Action Plan:**

Creates the personal effectiveness element of an Action Plan; Participants are given an opportunity to acquire new skills and develop life strategies through:

- Interactive exercises, activities and information sessions
- Participant will set intentions and goals, guiding them to a greater awareness of good health, balanced emotions and positive resolution of stress issues.
- Focus on the individual and their needs, wants and wishes, but also the needs of dependents and family.



#### **The Legal Action Plan:**

Generate the legal plan & management element of the Action Plan; Participants are given the opportunity to acquire information and orientation laying out a typical family legal process. Participants will learn to:

- Research, identify, interview, engage, manage and work with legal services providers
- Build, communicate and manage fee budgets and create/adjust plans that drive your specific goals and preserve precious assets and resources
- Understand and navigate in the two primary fields of play of family law within which they will be participating – the Family Law Reform Act and the Divorce Act.
- Gain insight as to the differences, benefits and disadvantages of the litigation, mediation, and collaborative processes.
- Evaluate different types of custody arrangement and consider what works best for them in the context of their relationship with their children.
- Understand how (and why) support is paid, how support guidelines are interpreted and applied, the difference between support payments and 'extra-ordinary expenses
- Discussion of why providing full disclosure of information is important.
- Assess the equalization of assets and the practical/financial implications of items not worth fighting over.

#### **The Financial Action Plan:**

Build the financial management element of the Action Plan; Participants acquire information and education that pertains to financial fitness. Participants will learn:

- The Top 5 Financial 'Do's' and 'Don'ts' that most enhance or erode resources, options and successful transition strategies.
- Become more aware of the landscape of their current expenses and financial aspirations.
- Be exposed to new ways of looking at budgeting as a positive interactive tool
- Learn strategies and approaches to manage their cost of living without foregoing quality of life.
- How to stay out of the debt trap. Why do good credit scores matter and practical steps and strategies through which a good score is fostered and maintained.
- Options available for those in a debt crisis-how does one recognize the early danger signs.
- The four steps of savings and options to grow savings.
- The risks and returns of different types of investments and the long term benefits of tax sheltered savings plans.
- Strategies to identify, qualify, mandate and manage a financial advisor that understands and is attuned to your goals and financial priorities.
- Insurance planning including health benefits, life insurance, CI(critical Illness) & DI(Disability Insurance).

## What is LIFe Action?

The dissolution of a family relationship is one of life's most intense, challenging moments of truth. For most, it will be the dominating theme of their life for months, sometimes years. It is also a crossroad where early choices and decisions can set in play lifelong constraints or opportunities. LIFe Action is a 'full steam ahead' learning program aimed for those persons who want to be the masters of their future; to identify and plan to maximize the opportunities before them; to harness best positive energy and put into action what they want most in the next chapter of their lives.

Linking participants with a team of experienced practitioners in the fields of law, credit & financial management, planning and life coaching and using a combination of advance readings, lecture, individual/ group exercises and hands-on coaching, the program is an intense action-oriented 'boot camp' that focuses on and helps each participant build focused Action Plans in the three key dimensions of change and challenge people face when dealing with marital dissolution- **Legal Process Management, Individual Effectiveness, and Financial Planning.**

**Next Dates: Tuesdays  
May 3, 10, 17, 24, 31  
6 – 9 pm**

### Registration:

LIFe Action Seminar	\$ 295.00 (Plus HST)
Course materials	Included
Parking	Free

### In the Durham Region:

LIFe Action seminars are held at **Durham College**, located at 2000 Simcoe Street North, Oshawa, Ontario.

Two ways to register for the LIFe Action Seminar:

**Course Code:** JUST 1055  
**Course CRN:** 12308

By Phone: 905-721-2000

Please have course code and credit card available.

In Person: Oshawa Campus Registration  
Hours: Mon – Thurs, 8:00 am – 6:00 pm  
Friday 8:00 am – 4:30 pm

### Inquiries:

For other locations, dates, and availability  
please contact LIFeAction directly at:

**Email:**

**lifeaction@rogers.com**

## Family Law Confusion?



## LIFeAction Seminar

*Legal education, Individual coaching, and  
Financial planning engagement seminars...  
for individuals who want a planned, focused,  
and positive family transition.*

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**Tuesdays 6 – 9 pm  
May 3, 10, 17, 24, 31, 2011**