



March 2009

Vol 2 Issue 3

## Springboard •Connections

The Monthly Newsletter of The Springboard Group, Inc.

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**"NEWS" in  
THIS ISSUE**

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April Declared  
Month of Grieving Child

[New Community  
Events Calendar](#)

Our  
**[Book Corner](#)**  
for  
grief support  
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career transition  
children & divorce  
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### Welcome to our March Issue

I recently spent a rainy afternoon over Spring Break shopping with my daughter. Her latest project is to re-do her room (how many times is this?) to be *inspirational*. I am all in favor of this, as it is sometimes hard to get her out of bed in the am; her theory is that if she has fun photos and frames and quotes on her walls, she will feel motivated to arise with a sunny disposition. She adds, for good measure, that she will *only buy things she can take with her to college AND her first apartment*. (recessionary spin)

During our search for inspiration, she picked up a frame that stopped me in my tracks. Always collecting quotes, this was new to me, and I want to share it with you. It touched me on a personal life level, but also felt relevant to the struggles we are all sharing in the economy right now. We must take care not to let outside forces define our lives.

***" Life is not about waiting for the storm to pass;  
its learning to dance in the rain."***

It is so easy to fall into a trap of putting off life. Listen for when you hear yourself say, "*When we such and such, Then, we can ...* or I often catch myself saying the "if - then" combination.

There is only today, as we were tragically reminded by Natasha Richardson's death this month. While we are immersed in some seriously difficult financial times, use this opportunity to teach your children about the wisdom of conservation. Re-discover free/cheap entertainment that involves *your time* rather than your *wallet*. Evaluate the resources you now feel you may have wasted, so that when we recover, those lessons will help you rebuild more quickly.

Spring is here, and it may rain, but ***let's dance***.

*Until April,  
Janice*

Janice Burroughs, President  
The Springboard Group, Inc.

***You asked....*** "What are the qualifications for becoming a Springboard Network Provider?" Network criteria include:

- minimum of three year's experience professional experience
- professional references of competence in their field
- most are accomplished contributors in their profession
- active in community volunteerism
- applicants who meet our criteria are personally interviewed prior to receiving an

companies that support Springboard by offering value to our website visitors

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**Have a question related  
to life transitions?**  
Send suggestions for future  
newsletter topics  
to: [info@launchingnewlives.com](mailto:info@launchingnewlives.com).

invitation to join, which is an annual offer and must be renewed.  
*Thanks for asking!*

*You Shared ( from a reader)* [This article](#) was recommended by a reader, and has been added to our website as well. It is by Martha Beck, who writes on Oprah.com about the messy process of life transitions. Enjoy!

**March Focus on Springboard Resources: Transition Points Program**  
is a monthly online program series of independent study modules, each with a theme of *coping strategies and support to manage life challenges*, delivered via email.

Each module includes 4-5 pages of informational and inspirational support, book or resource recommendations, and a short "take action" section to reinforce concepts and encourage small steps of growth and renewal. Quotes offer reinforcement and fuel for reflection. Topics have been selected because of their relevance to many types of life challenge: marital, financial, or economic issues, illness, caretaking, or dealing with a death, or boomer concerns such as retirement or assisting aging parents. Transition Points (Year 1) is co-authored by Ann Deaton, PhD, PCC and Janice Burroughs, tapping the experience of multiple life transitions. Ann's 20 year career in clinical psychology and current career as a personal coach enriches this unique program. Subscribe [here](#).

*Did You Know?*

#### April is Declared the Month of the Grieving Child in Virginia

Governor Kaine proclaimed April the month of the Grieving Child and there are multiple activities in support of this initiative that are occurring next month. The Bereavement Coalition has produced a flyer ( 2 part) to share and forward, click here for your copy: [Front](#), [Inside](#).

**"Buy One-Share One"** Special [Membership](#) Offer - for a limited time you will receive a Membership Gift Certificate free with *all* Individual Springboard Memberships purchased.

Send a gift membership, at no additional cost to anyone who can receive an email. Think of friends, relatives, co-workers who would appreciate informational and support resources right now. **How does it work?** Use this button to visit our website, create a user account, and select an Individual Membership to purchase. You will automatically receive a Gift Membership with your receipt. Use our easy link:



**We welcome** a new *Springboard Board* member in April. **Gigi Robson, CPA**, has had an independent small business accounting practice in Richmond for a number of years. With a MS in Accounting from VCU, she is currently completing a second master's degree at Pepperdine University which will allow her to specialize in financial mediation. The program is designed for attorneys and business majors, and includes cutting edge approaches to collaborative resolution. She is currently gaining experience in the Los Angeles court system. We look forward to incorporating Gigi's knowledge in helping us shape opportunities for all of *Springboard*.

And, in a new role, we welcome **Greg Doepke**, as a *Springboard Affiliate*. He is promoting *Springboard* to the business community in Auburn, Alabama. Greg has recently joined SHRM (Society of Human Resource Managers) there and will be adding *Springboard* services to his financial and retirement planning services. Here is a photo of Greg, with his two newest tiny baby Grandsons in Nashville. We are happy they are healthy and can be at home with their "Big" brothers.



**Book Corner:** See our [selections](#) which are updated frequently.

### Community Events

Find Community Events online. Our website [Events Calendar](#) has expanded to include community information, with links to brochures and other information, making it easier to share community events submitted to us. Please [send your events](#) to post, including support groups, educational opportunities, pdf brochures, to benefit families and individuals. For the full document to print and share, [Link to all here:](#)



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*Revealing the Opportunities in Life's Transitions*

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