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## Women Seeking Blissful Retirement



*Maria* LUCASSEN  
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**Women Seeking Blissful Retirement  
Archives Available  
December 18th 2020: How to Kick-Start your  
Future as Single Empty Nesters**

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Many parents have mixed feelings when their children move out to go to college or live on their own. Being a single mother is hard enough, but becoming an empty nester can be more difficult or even traumatic. What happens if you have been a single parent for so long that once the kids leave you don't know who you are anymore? How do you start to figure out who you are and who you truly want to be? Did you ever get the feeling that there was more to this? What will it cost you if you don't take action. My guest Dawn Berry has combined her own experience of being a single mom and her coachi

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### Featured Guest



#### Dawn Berry

My name is Dawn Berry and I am a certified Life Coach. I work with single parent empty nesters to move from loneliness and insecurity to a vibrant person once again. My journey into coaching started after a car accident in 2003. I was a single mom with a 9 year old daughter and very little support. I found that my time in the hospital (10 weeks) allowed me to realize what I really wanted out of life: to help other people attain their goals. Although it was not a profession that was recognized at that time I started with self-help books and chatting with friends. It was an interesting road to travel and I feel that it has allowed me to hone into people. Everyone has a story. Every sto

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