

# FLOURISHING THROUGH LIFE TRANSITIONS



William & Mary's Veteran-to-Executive Transition (W&M VET) certificate program—*Flourishing Through Life Transitions*—emphasizes a comprehensive approach centered on wellness & self-discovery.

Our certificate trains veterans & service members to transition to high-level civilian management positions, while flourishing in their careers and personal lives.

**DATES:** June 11 - 23, 2023

**LOCATION:** Center for Military Transition, William & Mary's Raymond A. Mason School of Business

**PROGRAM PARTNERS:** The COMMIT Foundation, W&M VET, Center for Military Transition, Center for Mindfulness and Authentic Excellence, Whole of Government Center of Excellence, Office of Student Veteran Engagement, and more.

Founded in 2012, The COMMIT Foundation transitions high-performing service-members back into our communities and the civilian workforce in a purposeful way. In 2019, COMMIT served 685 transitioning service members and veterans, and provided 2,150 services, including 1:1 personalized assistance, coaching, and mentoring workshops. <https://www.commitfoundation.org>

**FORMAT:** In-person

**CERTIFICATE FEE:** Free. Housing, parking, course materials, program events, and some meals are included free of charge to participants.

This custom program will enroll approximately 40 transitioning veterans and members of the intelligence community.

Our unique, comprehensive curriculum leverages strengths across William & Mary's campus and subject matter expertise. *Flourishing* emphasizes physical and mental wellness, develops introspective insights into corporate culture, and builds business skills critical to flourishing in management and other positions.

Engaging William & Mary's #1 MBA faculty and subject-matter experts from the Center for Mindfulness and Authentic Excellence, the two-week program is designed to be a transformational experience. By the completion of the program, participants will see the world and themselves in a new and better way - a way that will provide them with the skills and knowledge to flourish in a new chapter of service.

Well-documented as a prerequisite for excellence in leadership, *integrative wellness* will be a central component of our curriculum.

Experiential Learning | Authentic Excellence | The Eight Dimensions of Wellness | Mindfulness | Autonomic Training | Gyrokinesis | Creative Art Therapy | Ecotherapy/Hiking | Nutrition | Pain Management | Yin Yoga | Grit Strength and Cardio | Bodypump | Outdoor Barre | Kayaking | Paddle Boarding

This hands-on program will hone the business skills needed to flourish in your craft, leadership, and career.

Communication | Professionalism | Employer Expectations | Impression Management | Organizational Behavior | Business Analytics | Storytelling | Finance | Accounting | Marketing | Entrepreneurial Thinking

For more information on applying, please contact:  
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