

Life by Design NW's Affinity Groups

Affinity Groups are another Life by Design NW program. They are open to the public and generally attract small groups of 8-10 people who meet monthly in southeast Portland. Each group operates slightly differently, but all center around an Affinity Group Agreement, intended "to facilitate self-discovery and connection, assisting members in finding direction, focus and renewed identity while exploring shared interests or navigating life transitions."

Coaches Aubrie De Clerck, of Coaching for Clarity, and Claudine Mellet-Wilson, of Tapping the Joy, together facilitate a monthly Life/Work Transition Affinity Group. "This Affinity Group offers members in transition the opportunity to pause. In this pause, they will uncover the learning in this place of discomfort and re-evaluate present and future," explains De Clerck. "This includes identifying one's unique strengths and exploring ways of finding meaning, integration and a new balance in life."

Visit lifebydesignnw.org/Community/Affinity-Groups for more information.