

# A PERSONAL DEVELOPMENT LIFELINE

**R**ochel had five children, a husband in *kollel*, and a demanding full-time job with a critical boss and far too many responsibilities. Life was only about survival, and there seemed no way out. Just as she reached the point where she felt she couldn't continue another day, a friend suggested Rabbi Nivin's Personal Development *Chabura*.

"Suddenly life was manageable," says Rochel. "The *chabura* showed me how I could add a half hour of something that gave me *sippuk* to my day or week. That was enough to give me the energy, excitement, and willpower to do all the other things that I had to do. The *chabura* helped me figure out what I was missing."

A pioneer, life coach, and thinker, Rabbi Aryeh Nivin launched his one-of-a-kind personal development *chaburas* eight and a half years ago to help *frum* women around the world find their purpose in life, create goals and achieve them, and gain direction on internal and external conflicts. Using a unique and eye-opening combination of classical *machshavah sefarim*, *mussar*, and modern-day positive psychology, Rabbi Nivin provides lasting inspiration, solid *hashkafos*, and above all practical tools on a broadly encompassing array of topics — helping women connect with their Creator, their family members, and themselves.

Through weekly conference calls in which Rabbi Nivin teaches and participants are free to ask questions, as well as matching up participants with *chavrusas* who help each other review the material, Rabbi Nivin has created a virtual community of women around the world seeking growth and connection. "A lot of women are drawn in by the sense of community — we're all growth-oriented women looking to moving ahead in our goals and struggles," says one long-time participant. "It's cool to be part of something so much larger than yourself."

For mothers parenting difficult teens, women in midlife balancing the needs of elderly parents and married children, and young newly weds learning to navigate the delicate world of interpersonal relationships, Rabbi Nivin's concepts of vitality and transcendence — a love of life and the ability to rise above the nitty-gritty — have proved invaluable. "Rabbi Nivin takes very deep topics of *hashkafos hachaim* and breaks them down in a way that's practical and usable," says Miriam, a dedicated participant in Monsey.

Rabbi Nivin's ability to stay focused on the present, to remain composed and unruffled despite numerous personal challenges, allows women to stay centered and balanced no matter what else is going on around them. "Just listening to his voice, hearing how calm he is and how much *simchas hachaim* he has, makes you feel, *Wow, I wish I could be like that*," says Shaindy, a mother of five in Beitar Illit.

Via small, practical steps on goal setting and accomplishment, participants learn to take control of their lives and reach for the next stage. "It's very empowering," Rochel explains. "I feel so much more connected to each *yom tov*, to the cycle of the year. I don't wake up Rosh Hashanah morning and say, 'I can't believe it's been another year.' I've set out my goals for the year, and I've met them."

Rabbi Nivin's classes, with their strong emphasis on finding one's life's mission and staying focused on it, enable women to keep their eyes on the larger picture of life. "It gives me the clarity, the ability to ask, 'What does G-d want from me right now?'" says Leah, a participant in Milwaukee. "Whatever decision, whatever

choice I make — it puts me in a better headspace." New groups open for Rabbi Nivin's *chabura* each Elul and Shevat, alongside the over 500 weekly participants already part of seven concurrent tracks. Join the thousands of women whose lives have changed through these teleconference calls, listening either live or through audio recordings, and watch your life change too. As Shaindy says, "Everybody should do it — the world would be a much better place." ●

## GOAL

*A lot of women are drawn in by the sense of community — we're all growth-oriented women looking to moving ahead in our goals and struggles*

JOIN US FOR  
RABBI NIVIN'S LIFE-CHANGING  
PERSONAL DEVELOPMENT PROGRAM  
CHODESH ELUL FOR ONLY \$1!  
(A \$75 VALUE!)

2 NEW GROUPS FOR WOMEN MEETING VIA  
TELECONFERENCE ARE STARTING SOON:  
Wednesdays, 12 pm ET — 7 pm IT, beginning Aug. 27  
Mondays, 9 pm ET, beginning Sep. 1



# A PERSONAL DEVELOPMENT LIFELINE

Rochel had five children, a husband in *kollel*, and a demanding full-time job with a critical boss and far too many responsibilities. Life was only about survival, and there seemed no way out. Just as she reached the point where she felt she couldn't continue another day, a friend suggested Rabbi Nivin's Personal Development *Chabura*.

"Suddenly life was manageable," says Rochel. "The *chabura* showed me how I could add a half hour of something that gave me *sippuk* to my day or week. That was enough to give me the energy, excitement, and willpower to do all the other things that I had to do. The *chabura* helped me figure out what I was missing."

A pioneer, life coach, and thinker, Rabbi Aryeh Nivin launched his one-of-a-kind personal development *chaburas* eight and a half years ago to help *frum* women around the world find their purpose in life, create goals and achieve them, and gain direction on internal and external conflicts. Using a unique and eye-opening combination of classical *machshavah sefarim*, *mussar*, and modern-day positive psychology, Rabbi Nivin provides lasting inspiration, solid *hashkofos*, and above all practical tools on a broadly encompassing array of topics — helping women connect with their Creator, their family members, and themselves.

Through weekly conference calls in which Rabbi Nivin teaches and participants are free to ask questions, as well as matching up participants with *chavrusas* who help each other review the material, Rabbi Nivin has created a virtual community of women around the world seeking growth and connection. "A lot of women are drawn in by the sense of community — we're all growth-oriented women looking to moving ahead in our goals and struggles," says one long-time participant. "It's cool to be part of something so much larger than yourself."

For mothers parenting difficult teens, women in midlife balancing the needs of elderly parents and married children, and young newly weds learning to navigate the delicate world of interpersonal relationships, Rabbi Nivin's concepts of vitality and transcendence — a love of life and the ability to rise above the nitty-gritty — have proved invaluable. "Rabbi Nivin takes very deep topics of *hashkofos hachaim* and breaks them down in a way that's practical and usable," says Miriam, a dedicated participant in Monsey.

Rabbi Nivin's ability to stay focused on the present, to remain composed and unruffled despite numerous personal challenges, allows women to stay centered and balanced no matter what else is going on around them. "Just listening to his voice, hearing how calm he is and how much *simchas hachaim* he has, makes you feel, *Wow, I wish I could be like that*," says Shaindy, a mother of five in Beitar Illit.

Via small, practical steps on goal setting and accomplishment, participants learn to take control of their lives and reach for the next stage. "It's very empowering," Rochel explains. "I feel so much more connected to each *yom tov*, to the cycle of the year. I don't wake up Rosh Hashanah morning and say, 'I can't believe it's been another year.' I've set out my goals for the year, and I've met them."

Rabbi Nivin's classes, with their strong emphasis on finding one's life's mission and staying focused on it, enable women to keep their eyes on the larger picture of life. "It gives me the clarity, the ability to ask, 'What does G-d want from me right now?'" says Leah, a participant in Milwaukee. "Whatever decision, whatever

choice I make — it puts me in a better headspace." New groups open for Rabbi Nivin's *chabura* each Elul and Shevat, alongside the over 500 weekly participants already part of seven concurrent tracks. Join the thousands of women whose lives have changed through these teleconference calls, listening either live or through audio recordings, and watch your life change too. As Shaindy says, "Everybody should do it — the world would be a much better place." •

## GOAL

A lot of women are drawn in by the sense of community — we're all growth-oriented women looking to moving ahead in our goals and struggles

JOIN US FOR  
**RABBI NIVIN'S LIFE-CHANGING  
 PERSONAL DEVELOPMENT PROGRAM**  
**CHODESH ELUL FOR ONLY \$1!**  
 (A \$75 VALUE!)

**2 NEW GROUPS FOR WOMEN MEETING VIA  
 TELECONFERENCE ARE STARTING SOON:**  
 Wednesdays, 12 pm ET — 7 pm IT, beginning Aug. 27  
 Mondays, 9 pm ET, beginning Sep. 1

