

NEWS RELEASE

FOR IMMEDIATE RELEASE

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<http://www.ReturnWithPurpose.org/>

Free Workshop Sponsored by The Kaufman Fund, Helping St. Louis Area Veterans, and Active Duty Service Members, Transition to Civilian Life

St. Louis, MO (Aug. 18, 2016) –Military personnel who are making the transition from service to civilian life are encouraged to take advantage of a free session planned at **University of Missouri St. Louis Campus (UMSL)**, by the non-profit organization Return With Purpose. The **One Day Free** program is available on **Saturday September 24, 2016**.

RETURN WITH PURPOSE will be presented from 7:45.am to 5:00 p.m. at UMSL North Campus, Clark Hall Room 200, 1 University Blvd. St. Louis, MO 63121. The sessions are geared toward Veterans, Active Duty Military, Guardsmen, Reservists and Military Spouses, preparing to make the transition,

Leading the workshop will be Gregg Ganschaw, chief executive officer and founder of Return With Purpose, Ganschaw is a U.S. Air Force Veteran who has worked with Fortune500 companies for over 20 years.

RETURN WITH PURPOSE is designed to assist individuals, who are in transition from military service to civilian life, including: Education, Family, Work and Community.

RETURN WITH PURPOSE will aid participants in preparing for the future by helping them understand how they can design a path to the life they want, identify and remove the barriers to changing their lives, realize their potential, find a new purpose in life helping other Veterans, and develop an action plan to ensure success as a student, job seeker, or family member.

Interested individuals should RSVP to Gregg.Ganschaw@ReturnWithPurpose.org or call: 314-520-2046

Participant Comments:

- ***“Every Veteran deserves to have this included in their transition. It’s better than 10 psychologists because it has tools you can use immediately. You feel you can be in control of your life.” — participant, April 2013***
- ***“By understanding how we think, we are able to adjust how we approach daily tasks, changing situations, and larger life challenges. It also teaches us how we affect our self-image and the impact, positive or negative; it has on the way others perceive us.” -- Retired Master Sgt. M. Platt***
- ***“After attending the sessions, I must say that I found them very insightful and helpful... I found myself thinking how much better my post-combat life would have been had I had the benefit of this course...” Marine Maj. (Ret.)...Served as a team leader with 1st Force Reconnaissance Company (Special Operations) Awarded: Silver Star Medal, Bronze Star Medal with combat “v” and Purple Heart Medal...***
- ***“Was not what I expected, but was without a doubt useful for anyone, certainly for those in the military, whether separating or not. Good to combine with other transition programs such as TAP.***
- ***While going through this process, new ideas were stimulated. I had not even thought about education as a possibility. I was having a hard time visioning a way forward and at times was filled with frustration. Now I can see a way forward.”***
- ***“This course can be a significant tool for veterans and their families”***
- ***“This course should be given to all Vets, and all separating Active-duty”***

Class sponsored by The Kaufman Fund which is a 501-c-3. The Kaufman Fund supports organizations that help Veterans and their families...for more visit www.thekaufmanfund.org



OVERVIEW

<http://www.ReturnWithPurpose.org/>

A. Why?

We provide the **RETURN WITH PURPOSE** process because:

When we return to civilian life, we often lack the direction and tools we need to productively reconnect with civilian employers, communities and families. **RETURN WITH PURPOSE** provides the essential training ground for relearning and practicing the life skills necessary to successfully transition back into civilian life. It leads Veterans to make the changes necessary to achieve their full potential, allows them to realize their vision, and directs them to rediscover meaning and purpose.

“Every Veteran deserves to have this included in their transition. It’s better than 10 psychologists because it has tools you can use every day. You feel you can be in control of your life.” —participant, April 2013

B. How?

Return With Purpose, the Non-Profit organization provides a Free One Day process with the amount of follow-up you choose that gives you tools to:

1. Create the future you want: Education, Employment, Family, and Community...
2. Overcome Barriers, NOW and in the future
3. Turn your true potential to achievement
4. Feel connected and valued...
5. Discover a renewed sense of PURPOSE

C. What?

1. Improved Decision Making in all areas of your life - The What
2. Clarifying and reframing Beliefs vs. Expectations – The How
3. Identifying Purpose = Giving You the Resilience to Achieve Your Vision – The Why

The **RETURN WITH PURPOSE** process is specifically designed to meet the needs of Veterans returning to the workforce and civilian life. This includes Veterans of all eras, transitioning service members and spouses. The process is designed to be the Veteran’s first step in moving from where they feel they are to where they want to be by identifying and removing the barriers holding them back, including:

- **Maximizing Educational Opportunities**
 - Fitting into the current civilian culture
 - Finances
 - Employment challenges
 - Family issues
 - A lack of a true sense of purpose in what they are doing
 - Post Traumatic Stress (PTSG)
 - Health Issues
- **Next Session at University of Missouri St. Louis Campus (UMSL) - Saturday September 24, 2016.**
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