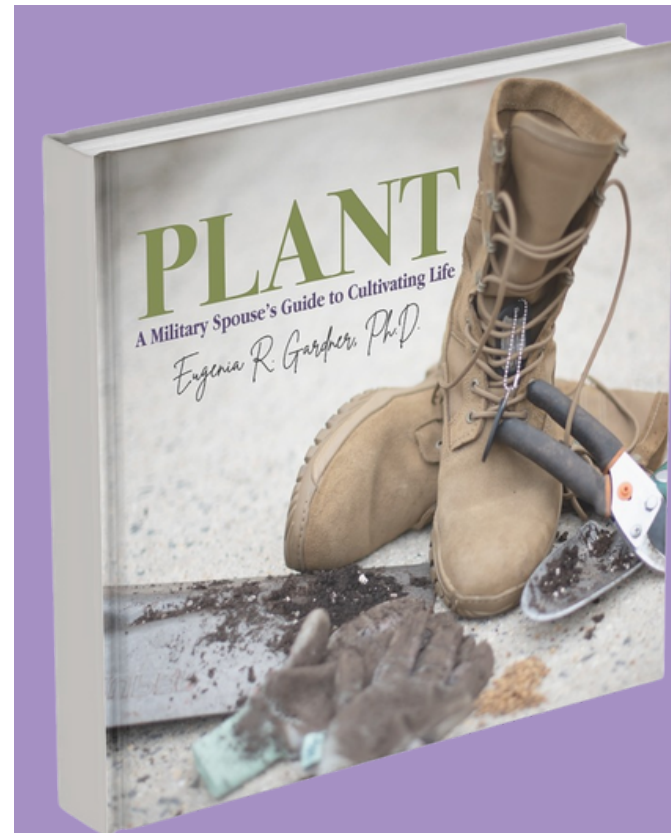


# PLANT: A Military Spouses Guide to Cultivating Life

As a 20-year military spouse, Dr. Eugenia Gardner experienced frequent moves, separations, setbacks, and celebrations that all military families experience. At each new duty station, Eugenia would plant gardens, cultivating a stable and nurturing environment for her family.

PLANT: A Military Spouses Guide to Cultivating Life helps military spouses develop and begin implementing an action plan to create a bountiful life garden. Eugenia shares her wealth of experiences through peaks, valleys, storms and PCS (Permanent Change of Stations) to illustrate how embracing the PLANT concept will allow readers to achieve goals and enjoy a fulfilled life. The book highlights the importance of understanding values, goal-setting, and action planning to achieve goals, remain resilient and pursue personal and professional goals, experiences and opportunities.

Each section includes "stepping stone" activities and thoughtful questions that empower military spouses to leverage their talents, relationships, networks, and resources to achieve their goals. Eugenia's personal stories and proven research will undoubtedly help military spouses cultivate enriching life experiences, regardless of where in the world they are stationed.



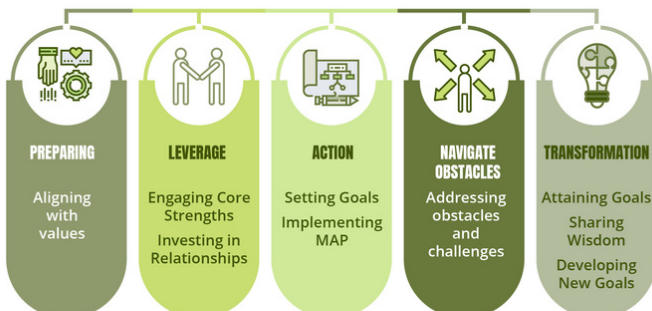
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## PLANT

TRANSFORMATION PROCESS



## Speaking Topics & Workshops

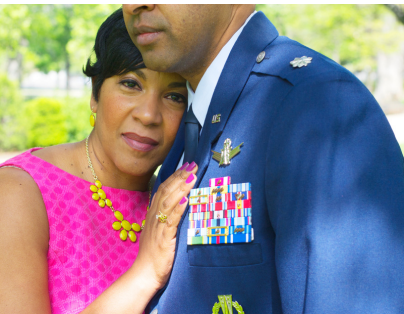
- BizFit™ Workshop - Develop professional brand and develop entrepreneurial plans
- Envision to Innovate - Align values and goals into an action plan
- Show Yourself Strong Strengths Development Workshop - Use the StrengthsFinder™ to identify your core strengths for action planning.
- PLANT Transformation Retreat - Multi-day retreat using the PLANT Transformation Model.

*Eugenia R. Gardner, Ph.D.*

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## ABOUT THE AUTHOR



Having worked in communications and marketing with Fortune 500 companies, universities, nonprofit and military organizations for more than 20 years, Eugenia Gardner founded CommunisPR in 2013. In addition to providing marketing, communications, and public relations services, CommunisPR offers leadership, entrepreneur, and business development coaching services.

Eugenia holds a Ph.D. in public policy from the Union Institute and University and a Master of Public Administration from the University of Cincinnati. Eugenia's professional coach certification was obtained at the CaPP Institute. Eugenia is a member of the International Association of Business Communicators, the American Marketing Association, the International Coach Federation, and Alpha Kappa Alpha Sorority, Incorporated. She serves in various leadership roles within business, professional, academic, and military community organizations. Eugenia is a recipient of a U.S. Air Force Civilian Achievement Medal.

Eugenia is a storyteller at heart who's received numerous Telly and Silver Anvil Awards for her marketing and communications campaigns. She's presented research papers at the Department of Defense, Joint Conference on Airman & Family Readiness Resiliency, Quality of Life, and Community Capacity Building, and the U.S. Air Force Space Command, Joint Conference on Airman & Family Readiness and Community Capacity Building.

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