



Meet Sheila

“Attached Empty Nester”

About

51 Years Old

Master’s Degree

Non Profit Director

Married with three adult children

Her Story

Extroverted in personality

Takes pride in being a mother of three girls ages 18, 23, and 25 years old

Youngest daughter is leaving the house soon

Feelings

Sense of excitement that her girls are growing into beautiful young women

Waves of loss and being less needed now that her girls are maturing

Wants

Use FaceTime and Location Sharing to keep up with her daughters

Needs

Reason to keep in touch with her girls without being clingy

Create special memories without spending a fortune