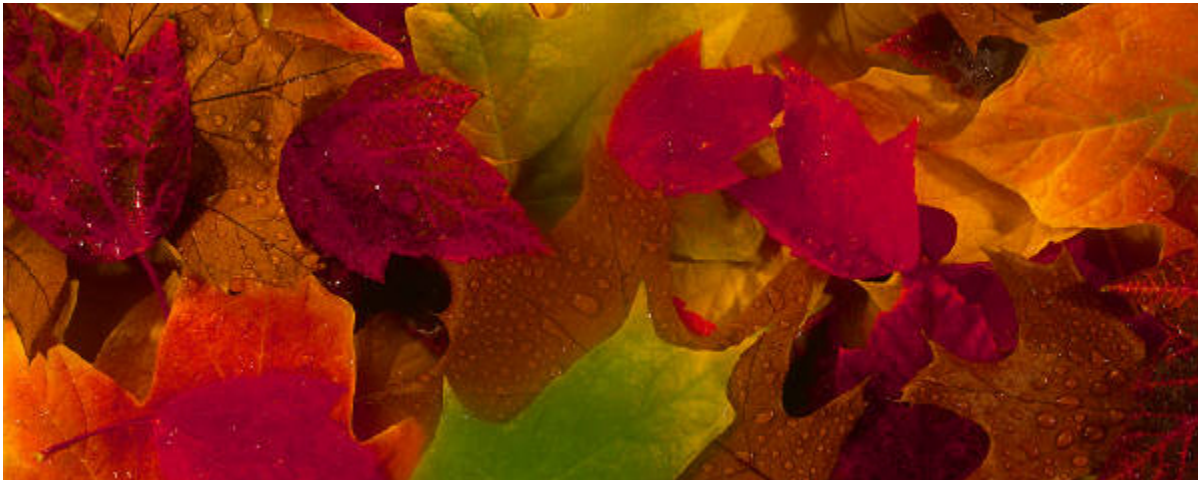




SPECIAL OFFER

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Group Coaching Teleclass Sessions My Life in Transition



Transitions are times of crossing or traveling from something old and familiar to something new and unfamiliar. Most transitions are small and pass by almost unnoticed. Some however, involve major disruptions in routines and force us to reexamine our values and lifestyle. Follow me into Fall this September and learn how to look at life transitions like the changing of the seasons.

What you will learn:

- Find and focus on the advantages and new opportunities presented by your transition
- Become more comfortable with your ability to handle change and

navigate transitions

- Create a vision for your future that is grounded in who you are and what you want, that leverages your strengths and honors your values
- Create and prioritize new goals in line with your vision
- Define and execute an action plan for moving forward

Tuesdays in September
September 7, 14, 21, 28
6:00pm - 7:00pm CST
\$200.00

**Register by August 31, 2010 and receive
a COMPLIMENTARY Energy
Leadership Index Assessment (a \$500
Value)**

To register e-mail Deborah@rodascoaching.com
Call 312-798-7404



