



*business and life coaching*

## Group Coaching Teleclass Sessions My Life in Transition

### Where:

By Telephone - Tuesdays  
in September 6:00-7:00  
PM CST

### When:

Tuesday September 7, 14,  
21, and 28, 2010 at 6:00  
PM -to- 7:00 PM CST  
[Add to my calendar](#)

### Greetings!

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

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

## **Register Now!**

If you have any questions or need additional information,  
please don't hesitate to contact me.

**Sincerely,**

Deborah Sakelaris  
Rodas Coaching  
deborah@rodascoaching.com  
312 798 7404

