

We donate
5% of our
proceeds to
Step Up Women's
Network

Get up girl... your time is now!

A nine week women's coaching group to jump start your success.

Join certified coaches **Margalit Ward** and **Shannon Bindler** in an inspirational nine week program that will help you create an ideal vision for your personal and professional life. *In this dynamic group setting, you will discover how to:*

- Honor yourself
- Remove obstacles
- Create a clear action plan
- Measure your success

When: Wednesdays

Choose either session:

Daytime: 11:00 AM - 12:45 PM

Evening: 7:30 - 9:15 PM

2008-09 Schedule:

- Sep 10 - Nov 12, '08
- Jan 14 - Mar 11, '09
- Apr 15 - Jun 10, '09

Where: Fairfax/Grove area (in-home private groups also available)

Cost: \$475 payment in full, or 3 payments of \$165 each (cash, check & credit card)

Register: Call 323.445.1661 or email mw@creativecoach-mw.com

★ Receive the value of coaching for less than half the cost of individual sessions.

"I am addicted to Get Up Girl. I have been able to achieve major career goals more easily, including writing for Elle and optioning my book for television, while balancing my family life and other work with less stress, self-criticism, and self-doubt."

—Ayn Carrillo, Author & owner of Cool Baby

Sessions topics:

What's Up?

Evaluate important areas of your life. Gain insight into what's working and not working in your personal and professional life.

What's Stopping You?

Identify the limiting beliefs and negative self-talk that keep you stuck. Discover ways to support yourself & enhance your self-image.

Define Your Purpose

Begin to develop your life's purpose and mission. Connect with the natural knowing and power within you.

Ideal Scenes: Bringing Your Dreams to Light

If you could have the Ideal experience in any area of your life, what would that be? Discover and define what that is for you.

Take Action!

Turn your Ideal Scenes into SMART goals and action plans.

Honor Yourself

Take care of yourself on all levels: physically, emotionally, mentally & spiritually. Create habits that support your success.

Track Your Progress

Using our unique workbook, create your own individual plan that supports you in making your dreams a reality.

Success Strategies

Learn and apply proven techniques that will support your forward momentum no matter what's going on in your life.

Learn from Others

Group members gain insight by sharing in a supportive and nurturing environment.

Call: 323-445-1661 or **Email:** mw@creativecoach-mw.com

For Registration or more information.



**FREE Exclusive
Workbook & Planner
when you register**

For more info:
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