

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

Get up girl... your time is now!

A 12 week women's coaching group to jump start your success.

Join certified coaches **Margalit Ward** and **Shannon Bindler** in an inspirational 12 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:*

- Remove obstacles that keep you from achieving your goals
- Gain practical tools that awaken your own resources and strengths
- Create a clear action plan that is specific, attainable, and realistic
- Measure your success in a supportive and creative environment

This is a great opportunity to receive the value of coaching with group interaction and support, at less than half the cost of individual coaching.

When: Evening Group: Wednesdays, 7:30 - 9:15 PM, starting May 14, '08 (3 wks ea. month)
Daytime Group: Tuesdays 11:00 AM - 12:45 PM starting May 13, '08 (3 wks ea. month)

Where: Fairfax/Grove area. Free parking available

Cost: \$165 per month (for 3 months) or \$475 for payment in full. cash, check & credit card

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

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

For more info:
323.445.1661

Join us!

For 12 weeks, approximately eight women will meet 3 times a month to focus on different areas of our lives, gain insight, learn new skills, and receive guidance and support in reaching personal and professional success. Plus, you will receive a workbook/calendar to develop your own personal action plan and chart your progress.

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.

Success Strategies

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

Honor Yourself

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

Communication & Relationships

Develop your communication skills to enhance the relationships in your life, including the one with yourself.

Be Your Own Coach

Set yourself up for success and support yourself to stay on track, motivated and empowered.

Call: 323-445-1661 or **Email:** mw@creativecoach-mw.com
For Registration or more information.