



L.I.F.E. COACHING WORKSHOPS



January 28-2012

Spend Time Where it Counts

- Affirm your personal lifestyle patterns
- Practical ideas for staying in the present moment
- Identify how you spend your time
- Manage your stress and understand how personal timing is important

3 hour workshop - \$49/pp

February 4-2012

Spiritual Journeys

- Explore your personal spirituality from a new perspective
- Affirm your life experiences that have shaped your spiritual development
- Understand how spiritual health affects your well-being
- Assess your self-care habits: body, mind, and spirit.

3 hour workshop - \$49/pp

February 11-2012

Building Resiliency

- Learn how to cope and adapt successfully to adversity
- Effectively manage life's challenges, stresses, changes, and pressures
- Implement ways to bounce back to a balanced state after a disruption in life or career

6 hour workshop - \$95/pp

Location:

Quadra Community Ctre
Quadra Island, BC

Times:

Please contact me for times
(Pick up from Quadra Island
ferry available for Campbell
River residents)



L.I.F.E. Coaching

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