

**Benefits of the**  
*It's Your Choice*  
**Weekend:**

- Understand and Appreciate Yourself More Fully
  - Re-energize
  - Clarify Your Goals
  - Increase Your Confidence
  - Increase Your Ability to Focus
- Strengthen Alignment between Your Intentions and Actions
  - Increase Awareness of Your Intentions
  - Increase Awareness of Your Behavior
- Improve Communication Skills
  - Understand Others and Their Attitudes
  - Feel More Comfortable Around Others
  - Be Firm, Yet Kind
  - Delegate
  - Hold Others Accountable
  - Resolve Conflicts
  - Ask for What You Want
- Improve Chances of Success and Happiness
  - Expand Problem-Solving Options
  - Increase Your Courage to Take Risks
  - Speak Comfortably in Public
  - Become More Decisive
  - Push Yourself to 100% Effort



An Intensive Life Coaching Experience

*NEXT COURSE JANUARY 13-15, 2012*

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Our lives are changed  
most by **events**,  
*experiences* and  
**encounters** with  
others. Sometimes a  
simple, brief event  
can **change**  
our perspective so  
**PROFOUNDLY**  
that we **NEVER** see  
the world in **quite** the  
**SAME** way again.



## You have everything necessary to live a happy fulfilling life...

... and have loving, successful relationships. However, sometimes, the clarity essential to personal and professional satisfaction is elusive.

Questions occur, such as:

- Why am I so stressed?
- Am I just going through the motions?
- What's next for me?
- Why do I get so frustrated or angry?
- Why am I often misunderstood?

When you enroll in *It's Your Choice*, you enroll in an intensive weekend experience that moves you toward leading the life you want to lead. During the *It's Your Choice* weekend participants become aware of new possibilities in their personal and professional lives. Participants also learn skills to help them achieve goals.

## Who can benefit from *It's Your Choice*?

Virtually any healthy person who wants greater insight into themselves and other people.

- You may want to wrestle with a tough life decision.
- You want to better understand your family and work relationships.
- You may want to learn skills to deepen your connection with others in your life.
- You may to improve your relationship with yourself.
- You may desire for an opportunity to grow and re-energize.

*It's Your Choice* is built around the idea that life decisions we make now are based on habits of thinking we learned earlier in our lives. This course helps you examine those habits and explore new and different paths, and gives you the skills to change direction if you wish.

## What does *It's Your Choice* involve?

*It's Your Choice* will offer you many new tools, techniques and approaches to communication and self discovery.

*It's Your Choice* is an intensive thirty-hour experience that will provide insights and skills to help you get what you want from life. You will be working with two highly trained coaches, other participants and experienced assistants.

Tuition is \$475 (\$150 deposit is required to register.) Discounts are available for multiple family members.

We are so sure of the benefits of *It's Your Choice*, we offer a satisfaction guarantee. If you complete the course and find that *It's Your Choice* was not of benefit to you, all but your deposit will be refunded.

Payment may be made in cash, by check or credit card. Call (352) 339-4136 to register today for the next available course.