

Complimentary Consultation

A complementary consultation is an opportunity for a 1-to-1 personal consult to experience the power of coaching for personal growth and balance to your life.

In a consultation three things happen:

1. We will talk about how things are going. I will learn about you, your goals, dreams, what is working and not working for you.
2. You will learn about me, how I can help you and if our working together will benefit you.
3. You will experience and gain value from the coaching process.

Have you ever said:

- I wish ...
- I want ...
- I can't ...



Experience the power of coaching!

Call
774.212.1826

Email
maggie@livingwhole.net

Living Whole Coaching



Coaching for A Balanced Life
Business/Life Coach



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LIVING WHOLE COACHING

Maggie French, ACC



*From Frazzled To Energized
The Workshop*

From Frazzled . . .

Your response, your Energy, determines the outcomes to the challenges in your personal and/or work environment.

There are different energy wells available to you. Learn how to refocus your attention, beliefs and perceptions of events, situations and even individuals that will transport outcomes from frazzled reaction to energized actions.



By discovering what causes your stress and that sense of overwhelm at home or work you can reduce, even eliminate, your frazzlement and tap into your personal energy of success. Move your focus from problems and fire fighting to proactive creative solutions.

What you will take away from this workshop . . .

1. Identification of your Average Resonating Level - ARL - of Energy.
2. Identification of your personal GAILS.
3. Tools to strengthen your awareness of energy level and GAILS.

To Energized

In this one day workshop you learn how you can consistently **CHOOSE** to respond positively to your environment and get the results you desire.



You will understand the seven levels of Energetic Self Perception and experience the energy of each level.

You learn the GAILS that hold you back from using your energy to achieve whatever it is you set out to achieve. You will experience the GAILS and learn which ones are your challenges.

In the workshop you gain an understanding and experience the:

- Seven Levels of Energetic Self-Perception
- Energy Blocks - GAILS

When: Friday, March 2, 2012
8:00 AM to 4:00 PM
Where: Yarmouth Resort
Cost: \$210

Note: \$30 of participant fee donated to WE CAN

Workshop limited to 15 participants

<http://maggiefrenchcpc.com/from-frazzled-to-energized.html>

SIGN UP TODAY!

Do You Relate To Any of These?

- ◇ The energy of the mind is the essence of life.—*Aristotle*
- ◇ Passion is energy. Feel the power that comes from focusing on what excites you. - *Oprah Winfrey*
- ◇ Just as your car runs more smoothly and requires less energy to go faster and farther when the wheels are in perfect alignment, you perform better when your thoughts, feelings, emotions, goals, and values are in balance. - *Brian Tracy*
- ◇ You've done it before and you can do it now. See the positive possibilities. Redirect the substantial energy of your frustration and turn it into positive, effective, unstoppable determination. - *Ralph Marston*

If you answered "Yes!" to any one of these quotes, **Register NOW** and become aware of the power of your energy.



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