

Wired To Be Inspired

Workshop

with Personal Coaching follow-up

Staying Healthy and Optimistic through Difficult Times

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, the education, the money, than circumstances, than failure, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% of how I react to it. And so it is with you... we are in charge of our Attitudes."

Charles R. Swindoll quote

A Powerful Breakthrough Experience!

Workshop.. 2 weeks of Follow-up.. 2 Personal Coaching Sessions

When: *Saturday April 18, 2009* 9:00 am to 12:00 pm

Where: *University of Central Arkansas, Brewer-Hegeman Conference Center, Conway*

Why attend this workshop:

- *Develop a written "Personal Action Strategy" to Achieve & Sustain Excellent Health & Optimism*
- *It will enable you to clarify, simplify and identify... Health, Fitness and Motivation Goals*
- *Learn "M.I.S.E." - how to achieve results by "Making It Simple & Easy"*
- *Learn to harness the "Power of DR A".....the "Power of your Daily Routine Activities"*
- *Receive 2 weeks of follow up personalized coaching that supports your "Springboard To Success"*

Cost: *\$99.00* This *\$225.00 value* includes the ***"Wired to be Inspired Workshop"***..... and our ***Mini Microburst Personal Coaching Package*** that supports your personalized action plan with two weeks of daily E-mail correspondence and two personal coaching phone sessions. Group and student discounts are available. Workshop only seats are also available at \$49.00



Mike Starr, Owner ECS

"The greatest discovery of our generation is that human beings can alter their lives by altering their attitudes of mind." William James..quote



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Reservations can be made on our web site: www.executivecoachingservices.net or Call 501 908-2298

Please make your reservations ASAP as the workshop with personal coaching package spots are limited