

PRE-REGISTER NOW

Call 805.448.5432 or visit
www.soulsciencecoaching.com

Upcoming Workshop

2010 Goal Setting Keeping

Do you set goals and not keep them? Or are you so busy and stressed that you don't even have time to set goals in the first place? If yes, this workshop is for you. Studies show that people with well-written goals and strong support networks are far more successful than those who don't have these. Join us. You'll get dedicated time to focus on yourself, new tools and emotional support to help you move beyond what has held you back before.

What others are saying about this workshop:

"I loved this class... Lora has a way of getting to the bottom of things quickly.. summing it up and making it easy to address and move forward." -Kristen H

"Fun, approachable and sincere... I highly recommend this class." -Kris D



Lora Barnett
Professional Life Coach

This workshop includes 2 sessions:

Friday June 25th 7-9pm and Saturday June 26th 9am-1pm

Friday evening: Creating the Dream - What do you really want?

Saturday morning: Goal setting-goal keeping workshop

Where: 1535 Santa Barbara Street in Classroom 1

Cost: \$60 when you pre-register. Class is limited to 12.



SOULscience
COACHING

Courageous Choices. Abundant Life.