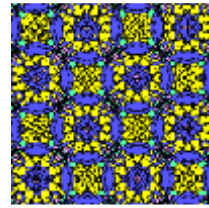


“Attract What Is Good Continuum”

Presented by Life Coach Joan Collins, M.Ed.



Since the beginning of time, women have gathered to share knowledge and to learn from each other. Over the past four years, many of you have completed my “Attract What Is Good Workshop” and then asked, “OK, how do we keep going with this?” To answer that question I have developed a program to **figure out what is most important to you in life** and how to securely connect yourself to the beliefs, thoughts and habits that will lead you to your success. Participants in this revealing series will meet monthly and have the opportunity to discuss and learn about a range of issues that we all encounter.

Where: Holy Family Parish Center – Duxbury

When: Second Tuesday of every month during 2008, starting January 8th. (No meetings in July and August).

Time: 7-8:30 PM.

Who Should Attend: Anyone who is sincerely interested in living a more productive, abundant life. This group is particularly appropriate for those who have previously participated in “Attract What Is Good” workshops as well as my former clients, although neither condition is mandatory.

Cost: The program fee is \$275, paid over 10 months by credit card. For those who wish to make full payment in advance, the discounted fee is \$250. This fee includes email contact with me, for points of clarification, telephone follow-up in the event of a missed meeting, and suggested readings and worksheets.

What You Can Expect

To get the maximum benefit from this program, a one-year commitment is required. You and the group will learn and grow, not only from the subject matter, but also from each other, through mutual understanding and support and the bond of friendship.

Prior to each session I will provide suggested reading on the chosen topic, along with questions to ponder and learning tools. We will begin each session with a brief introduction of the topic and then dive right into a facilitated discussion with interactive exercises. Everything we discuss and accomplish will be in a safe forum that promotes growth and self awareness.

Topics:

January – **Plan for a Great 2008** - This is the month to dream, to look forward to the year ahead, to set intentions for the year and to journey within. This is YOUR program. **During the January meeting the group will have the opportunity to explore intention and to set the schedule of topics for the year. When enrolling, please feel free to submit topics for consideration.**

Joan Collins Coach

www.joancollinscoach.com

781-934-6804

Possible Additional Topics

- ✓ **What does it take to live an abundant life?** Cultivate contentment.
- ✓ **Put stress in the back seat.** Let's talk about balance.
- ✓ **Find your purpose** - create something of your own - the Woman you were meant to be.
- ✓ **Keep relationships and families on track.** Learn to create win/ win boundaries.
- ✓ **Leverage your best and lose the rest.** Accentuate the positive. What do you like about yourself?
- ✓ **Be the door, not the doormat.** We teach people how to treat us
- ✓ **Laugh more – play more - find the joy!** Explore major and minor chords of pleasure.
- ✓ **Do they hear you?** Communicate with style and grace. Harness the power of your words.
- ✓ **Simplify your life** - organize, prioritize, “de-tolerize”
- ✓ **What is your body trying to tell you?** Self nurturing: the hardest task you'll ever do.
- ✓ **Celebrate your moments, celebrate your self.** Desire, Ask. Believe. Receive. Own your own talent.
- ✓ **Your perspective is your reality.** Check your lens early and often.

To Register: Call (781-934-6804) or email Joan, jcollins@joancollinscoach.com to reserve your spot. Joan will happily answer any questions you may have. Full payment of \$250 may be made by check or credit card. Monthly payment of \$27.50 will be added to your credit card the first of each month excluding July and August. A one-month deposit is required at the time of registration and will be credited to your January fee.

About Joan Collins: Joan brings a great deal of experience, both professionally and personally, to her coaching practice. With her broad background as a business owner and her expertise in marketing, public relations, publishing, customer support, family relations and psychology, both business and individual clients will find she can relate to their experiences.

A graduate of Coach U., Joan has had a thriving coaching practice for the past five years. In addition she holds a masters degree from UMass Boston in Educational Psychology and her undergraduate degree is in Marketing. Over the past thirty years she has owned or been a co-founder of four successful companies. She is currently a director of one of those companies, A2B Tracking Solutions of Portsmouth, RI.

A frequent guest speaker, Joan also offers the popular workshop, “Attract What Is Good Into Your Life.” Over the past four years, hundreds of individuals on the South Shore have participated in this and other of Joan's workshops.

“I am very excited about this new program! It is the follow-up dozens of you have requested. Let's have some fun learning, laughing and growing together.”

- Joan Collins

Joan Collins Coach
www.joancollinscoach.com
781-934-6804