



# Attract What Is Good Into Your Life

## Spring Workshop

Presented by Business and Life Coach, Joan Collins

### The Benefits You'll Receive:

- You'll be starting a whole new chapter where you live your values.
- You'll enhance your personal growth, and you'll see positive ripple effects in all your relationships.
- You'll learn how to replace the negative parts of your life and attract the good things you deserve.
- You'll get help with managing relationships.
- You'll get un-stuck! You'll give yourself permission to move ahead boldly.
- You'll enjoy the support of your peers and you'll get direction and feedback from a highly qualified life coach.
- You'll be held accountable to make some positive moves.
- You'll learn to let go of the past and move positively toward the future.
- You'll receive real tools that help you learn more about yourself and your capabilities.

### What You'll Learn:

#### Get Ready to Attract

- ✓ What it means to be attractive and to attract.
- ✓ Clear your personal "closet" to make room for what's good.
- ✓ Take care of your SELF and the rest will follow.

#### Utilize Self-care – It's Not an Option in Your Life or Your Business

- ✓ Identify your personal blocks to attractiveness.
- ✓ Develop your own attraction profile.
- ✓ What do you tolerate that repels what's good?

#### Strip Down To Your Self

- ✓ Pinpoint self-limiting beliefs.
- ✓ Get real about expectations.
- ✓ Learn to work with attachments.

#### Be Your Own Power Company

- ✓ Exercise your options.
- ✓ Cope with the static from your ought-tos, shoulds and woulds.
- ✓ How are you giving away your power?

#### Learn These Attraction Tools

- ✓ Get a new attitude!
- ✓ Learn how to set boundaries for better relationships.
- ✓ Review your social and business relationships.

#### Show Fear What You Can Do

- ✓ Paralyze or catalyze, the choice is yours.
- ✓ Fear-busting exercises that will get you moving.
- ✓ Name, befriend and talk back to your inner chatterbox.

#### Work With Your Spiritual Self

- ✓ Learn why trusting the present moment is the key to a fruitful life.
- ✓ Restore integrity to attract integrity.

**Attract What Is Good Into Your Life** is a must for anyone who wants a better life. Right from the start you'll learn how to pinpoint what is blocking you from attracting good things, and you'll learn techniques for eliminating those blocks. You'll also learn how to take a leadership role in your own life by dealing with fear and self-doubt. There is a core curriculum, which includes a workbook for exercises, discussion and individualized homework. Quite simply, **Attract What Is Good** gives you the tools you need for a better way of living.

**When and Where:** The workshop will meet at Holy Family Parish Center in Duxbury on five Tuesday evenings, April 25, and May 2, 9, 16, 23. Meetings will begin promptly at 7 and end at 9PM.

**Workshop Fee:** \$225, payable in advance by credit card or check. (A portion of this fee will be donated to the "Families In Crisis Fund" at Holy Family)

**Group Size:** Minimum 6 – Maximum 10 participants. (Reserve your space early!)

**What Others Are Saying:** The Attract What Is Good Workshop has been conducted for the past two years at Stonehill College. See what some of the participants have to say:

*"Wonderful, enlightening, the most useful course I've ever taken!"*

*"A must take course. It helped me to become more focused, energetic and positive about myself."*

*"I can't tell you how much you've changed my life!"*

*"It's an excellent jumpstart to a more positive, giving life. Everyone benefits by taking it"*

#### **About the Coach:**

Joan Collins, M.Ed. received her coach training from Coach U and holds a master's degree in educational psychology. She has 30 years experience as a business owner, a corporate director and a lifelong entrepreneur. In addition to her coaching practice, Joan teaches personal effectiveness in universities and is a frequent guest speaker.

**Is The Attract What Is Good Spring Workshop For You?** This program is for people who generally think of themselves as successful in life and are now looking for something beyond what they have already accomplished. These are people who are:

- Considering going in a new direction, new lifestyle, new career, new goals.
- Searching for new meaning and focus.
- Desire a sense of freedom and joy never experienced before.
- Willing to stretch themselves, be introspective, do and think in new ways.
- Ready to discover new possibilities and choices they never thought possible.
- Wanting to receive support in embracing what they really want and how to go after it.
- Wanting to stop the internal conversations that hold them back.

If you would like to meet with Joan Collins to explore whether this workshop is appropriate for you at this time, call to make an appointment at **781-934-6804**.

**To register or for more information, call or email Joan at**  
[jcollins@joancollinscoach.com](mailto:jcollins@joancollinscoach.com)

To reserve your spot, send a \$50 deposit made out to Joan Collins at  
PO Box 1814, Duxbury, MA 02331