

10% Discount to SSWBN Expo Attendees

Attract What Is Good Into Your Life

A 6-Week Class That Will Add Value to Your Life and Business!

Presented by Business and Life Coach, Joan Collins

Invest in Yourself And Get 2005 Off to a Great Start!

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 living in the present is ultimately attractive.
- ✓ Restore integrity to attract integrity.
- ✓ Get clear of unresolved issues.

Get Ready to Receive

- ✓ Utilize the art of letting go.
- ✓ Embrace and relish uncertainty.
- ✓ Dance with what shows up.

Joan Collins. Business & Life Coach

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About the Class

Attract What Is Good Into Your Life is a must for anyone who wants a better life. The principles and exercises you'll explore apply equally to your personal life and your business. After all, your business can't thrive if you're not thriving. The two are interchangeable.

Right from the start you'll learn how to pinpoint what is blocking you from attracting good things and 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. Quite simply, **Attract What Is Good** gives you the tools you need for a better way of living.

What is included:

Six weekly, 90-minute sessions (9 hours total instruction)

Cost:

\$295 per person, credit card or check. (After discount, this breaks down to \$30/hour.)

Group Size:

Minimum 6 – Maximum 12 participants

About the coach:

Joan Collins 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. She also has a wealth of life experiences including successfully blending two families with a total of eight children. In addition to her private coaching practice Joan teaches personal effectiveness in universities and is a trainer for corporate groups.

What others are saying about Attract What Is Good Into Your Life:

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

"Excellent! I've told all my friends, and they're fascinated."

"Excellent jumpstart to a more positive, giving life."

"This course helped me discover what I want and value most in life."

"It's a course to help you evaluate what is working and not working in your life and how to make the needed changes to move forward."

**To register or for more information, call or email Joan.
Evening classes will begin in early January 2005.**

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