

2007 - Your Best Year Yet!

A Workshop

Presented by Business and Life Coach, Joan Collins, M.Ed.

The Benefits You'll Receive:

- Finally – you'll learn how to clarify what matters most now.
- You receive tools for assessing what holds you back.
- You design your own plan for making your best year happen.
- Learn how to prioritize your goals.
- You learn how to rid your life of the clutter that keeps you stuck.
- You learn how to structure support systems for accountability now and in the future.
- You assess the consequences of not following your plan.
- You have fun planning and scheduling the rewards of living your best year yet.

The Workshop Agenda

Week One: Expose the Desire

- What would you like most to change or create?
- Weave in your values.
- It's your choice to create or not to create the life you want.
- Set your timeline – schedule your success.
- What needs to go, in order to create this change?
- What support and structure will you require?

Week Two: Make a Plan

- What about your life needs to be rewritten?
- What habits and choices get in your way?
- Let's look at those excuses!
- How do you give your power away?
- What boundaries will you need to set?

Week Three: Live Into the Best Year of Your Life

- What qualities will you need to develop and to live?
- Make integrity the foundation of your best year.
- What behaviors will you need to change and/or incorporate?
- Learn to live in the moment, day by day.
- Create a personal agenda for balance and fun.

The Logistics

The 2007 – Your Best Year Yet Workshop is conducted in three, weekly 90-minute sessions of lecture and interactive coaching. Cost is \$99 per participant.

This Workshop is offered at Striar Jewish Community Center on Monday evenings, January 8, 22 and 29, from 7-8:30 PM.

Is This 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.

What Others Are Saying: Joan's workshops, including her well known "Attract What Is Good Into Your Life" workshop have been conducted for the past three years at Stonehill College, Striar Jewish Community Center and in numerous other locations on the South Shore. Here's 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"

More than 50% of the participants in these workshops go on to participate in Joan's additional workshops.

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.

To register or for more information, call

Joan Brown at Striar, 781-341-2016

or email

jbrown@jccgb.org

For more information on Joan Collins M.Ed. see the website below

www.joancollinscoach.com