

REACHING YOUR 2020 GOALS



WHEN: Tuesday Nights starting Feb 4th from 6:15 to 7:15 pm

WHERE: 2850 Johnson Ferry Rd, Suite 200, Marietta GA 30062

COST: A 6-week class for \$180 (\$30/session)

Want to reach your 2020 goals? Commit to a 6-week workshop Tuesday nights from Feb 4th till March 10th, 2020! 6 sessions for \$180 (\$30/session).

Need guidance and support to reaching your 2020 goals? Sophie is a master at setting goals and reaching them.

Not sure about the path on how to get there? Not having the right support around you to motivate you to be successful?

You are stuck, want things to change, but not sure what and where to start?

Many classes will share tips with you on reaching goals and then you are alone. In our information age, you could have found this online or in a book, right! How many of you have gone back home and successfully applied those tips alone? What is different about this class is that it is taking you from start to finish. There is a 6-week commitment to give you time to set up a strategy and start implementing your goals with the guidance of a certified professional.

Are you committed to your 2020 vision?

Sophie, our Certified Life and Health Coach, will be:

- Teaching you how to cement your vision and set expectations.
- Teaching you how to find your infallible inner motivation and set your anchors.
- Assisting you in designing your strategy with small achievable goals
- Partnering with you in implementing your 2020 vision
- Acting as your accountability partner, giving you the right push when needed.

CBT (Cognitive Behavioral Therapy), a well proven technique used by many health practitioners, will be used. CBT will be instrumental in helping you work through your challenges limiting your success.

If you have failed in the past at reaching your goals, this is the place to be!

This class has a maximum capacity of 4 so that each person has ample opportunities to receive feedback and make adjustments to implementation.

All our groups have strict guidelines of a non-judgmental, safe, positive, and empowering atmosphere. All information discussed during the class is kept confidential.

Contact Sophie at Laureavidawellness@gmail.com for more information or to enroll. Hurry, only 4 people per class. Please RSVP so we know how many people are coming. Class begins Feb 4th and goes till March 10th.