



## Steppin' Out (If not 2010 - when?)

- Are you feeling*** the incessant tug of “there is more for you”?
- Are you mostly or semi-satisfied*** with your current work and days of your life?
- Are you ready*** to shake up your status quo?
- Want to infuse*** your work/life with renewed energy, focus and purpose?
- Want to “show up”*** in a different way?

### YOU WILL

- Gain new insights, clarity and fresh perspectives
- Discover and use your innate strengths and creativity
- Feel more aliveness in what you do and how you do it
- Bring meaningful action into your work and life
- Keep on track towards what you want most for yourself



Bette is a professional coach who has built her coaching practice upon a solid foundation of working with people for 25 years as a group facilitator, consultant, trainer, manager and therapist. With compassion, insight and vitality, she empowers people to be more of who they want to be and to create the lives they really want to have.

Trained and certified by the highly regarded Coaches Training Institute.

### 7-Week Women's Coaching Circle in MetroWest Boston (Needham)

**Wednesdays 7:15 – 8:45 pm**

Includes a private one-to-one coaching session

Inquire about the Bring-a-Friend Discount

~ LIMITED ENROLLMENT ~

To learn if this group fits your needs or to reserve your spot

**Call 781-444-9638 or**

**Email [Bette@YoloCoaching.com](mailto:Bette@YoloCoaching.com)**

**[www.YoloCoaching.com](http://www.YoloCoaching.com)**