

Life Balance - RESTORED



Register Today!

Table of 8- \$1500

Table of 4- \$750

Individual- \$199 (before 9/1)

Individual- \$250 (after 9/1)

To Register Visit:
www.theedventuregroup.org

Questions?
Phone: 304-296-9021
E-mail: info@edvgroup.org



Life Balance - RESTORED is a full day workshop led by Life Coaches that focuses on helping you restore balance in your work and personal life. This workshop will engage you in activities and reflection that will help you increase your energy, live in connection with your values and priorities and find balance in your life. This full day workshop covers the following topics:

- Balancing Work and Personal Demands
- Recognizing and Managing Stress
- Flexibility and Priorities
- Vision and Goal Creation for Results
- The Power of a Positive Attitude

Participants will leave the session with an awareness of their personal response to stress and a personalized plan for creating balance and reducing stress in their life.

Session Leaders include Lydotta Taylor, Certified Life Success Coach and Jill Fratto, Certified Life Coach, International Coach Federation. Life Coaches partner with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.

September 22, 2010

8:30 a.m. to 3:30 p.m.

The Erickson Alumni Center
One Alumni Drive, Morgantown, WV
Breakfast and Lunch Provided