

WHY WAIT? LIVE YOUR ULTIMATE POTENTIALS!

BUILDING THE FOUNDATION

What if you heard there is a guaranteed way to live the life you want? Would you wait to find out how? Or, would you take action to find out? What if you were told you *can* free yourself from fears and limiting beliefs, would you wait to find out how? Or would you take action to get the answers? How clear are you about what you want in your life?

The next worse thing than not having clarity is sitting around waiting for clarity! Not knowing your life purpose will leave you being busy doing many things that take you right back to where you started.

The answers to living your ultimate potentials lie in knowing how to un-learn non-supportive ways of thinking and acting. This is the start of your freedom from your fears and limiting beliefs.

In This Course You Will:

- Begin to understand why living your ultimate potentials is much bigger and deeper than what you eat, how much you exercise, your weight or how much money you make
- Identify non-supportive beliefs and actions that get in your way
- Identify your Ultimate Potentials Gap
- Receive tools and learn tactics on how to define your ultimate best life
- Discover why fulfilled needs don't motivate
- Learn how to start conquering yourself and start getting everything you want!

Course Details:

Date: October 9, 2010

Location: Charter House Hotel 330 York Ave

Time: 8:30am- 4:30pm

Facilitator: Phyllis Reid-Jarvis, Dietitian, Life Coach, Certified Diabetes Educator

Course fee: \$175.00/person (early bird special before Sept 17, 2010)

Meals included.

Course fee after Sept 17, 2010: \$225.00/person

Groups of 10 or more: call to find out about incentives: 204-942-8179

If you are ready to make some changes in your life, this course will help you make that transformation.

To Register Visit:

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Email:

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