

WHY WAIT? LIVE YOUR ULTIMATE POTENTIALS!

WEEKEND INTENSIVE COURSE

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 results in your life are a reflection of the state of the Four Pillars of your Ultimate Potentials. The quality of your relationships, how much money you make and keep, your weight, and your physical health, are all results. They are like the fruits on a tree. Healthy robust fruits stem from trees that have strong healthy roots. Did you know you can have everything you want? In order to live the life you desire you must know how to do certain things in a certain way- consistently.

At WHY WAIT? LIVE YOUR ULTIMATE POTENTIALS! You will:

- Build a new foundation by releasing beliefs and behaviours that have kept you playing small
 - Identify your beliefs and associations about YOU and your capabilities
 - Create actions to establish a solid structure for living your ultimate potentials
 - Eliminate non-supportive thoughts and actions by creating new stories that allow you to live your ultimate potentials
 - Discover how to mine your own acre of diamonds
 - How to discover your true self by identifying your values and purpose in all areas of your life
 - Be given tools and tactics proven to deliver desired results for the life you want
- Knowing how to un-learn non-supportive ways of thinking and acting is the start of your freedom from your fears and limiting beliefs.***

Course Details:

Date: November 12-14 (Weekend Intensive)

Location: Best Western Charter House Hotel 330 York Avenue

Time: Fri: 5:30-9:30pm; Sat & Sun: 8:30am- 5:30pm

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

Course fee: \$475.00/person (early bird special before
October 12, 2010)

Course fee after October 12, 2010: \$525.00/person.

Meals and workbook included in course fee.