



Something New is Happening!

Hello my friends! I have not connected for some time but I have been thinking of you a lot. Christmas always seems a time to reflect on my amazing blessings and I consider you to be part of those blessings!

I thought I would share some news about what I have been doing with other clients, in the hope you will be encouraged to participate in my offerings if they seem right to you.



Couple's Colouring Journal

I have recently created a Couple's Colouring Journal that is available through my Healthier Marriages website. So if you enjoy colouring as a form of meditation and would like to reflect on your relationship to increase positive thoughts through your memories, this might be for you!

[Get the Journal Now](#)



Woman's Thrive Group

The woman's Thrive group is still going strong and we are enjoying each other and learning something new twice a month for an hour. If you feel like you would like to move forward in your life in this way and would like to join us, you would be welcome! The cost is \$30.00 per month.

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Couples Lazar Coaching

The couples Lazar Coaching begins its second year. The couples who engaged last year found it very helpful. I was available to them by text or phone for 15 minutes at the times they needed it! So if you are going through some challenging times in your life and like the idea of quick coaching - this might be for you. It is a yearly program (\$1200.00 per year) and there are a couple of spaces left starting in January. Just connect with me to hear other conditions and to see whether this is a good fit for you.

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Monthly Relationship Group

New this year! I am beginning a monthly subscription for relationships. This is a once a month teaching about relationships based on good research and then some time for questions and answers. The first session is on attachment styles in relationships. It is very informative and influences the health of your relationship hugely. There is no cost for the first

session so please come and enjoy! I will be sending you a message at the beginning of January to let you know of the date of the free attachment teaching.



High Performance Coaching

And one of my favorites! High Performance Coaching. This is for people who are really wanting more in their lives. It is a 3 month program, once a week for an hour on the phone and has homework to move you from where you are to where you want to be.

And from this individual program, if you are a group person, I am starting a high performance group coaching program with the same format. You might fit here!

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Lastly...

Phew!

I hope to be able to serve you in one of these capacities in 2019.

Wishing you many joyful moments this Christmas season!

Lynda

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Questions? Contact me today

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