



FALL is When Change Begins

Hello!

I hope you are enjoying this glorious Summer as I am. I have not written for some time and I thought I would let you know about my Fall offerings. Despite my joy in the Summer months, one of my favourite months of the year is September. I think this is left over from when my kids went to school and my own many years of university. It is an exciting time of adventure and change. This year is no exception for me. I have a few opportunities that might suit you but I am sharing just one in this note.

In the second week of September, I am starting a High Performance group coaching program. It will be a small group of those who are in various places in their lives and are looking to live their lives more fully. It will begin in the second week of September and run bi-monthly for one hour on the second and fourth Wednesday at 9:30am. There are 12 sessions so the group will go for 6 months. We will be using the internet platform of [Zoom.us](https://zoom.us) at no cost to you. There is a bonus session where we will get to know each other and set our intentions, so that will make our time together 13 sessions.

Another wonderful bonus is that my assistant, Carol, will be available on the alternate weeks for texting or speaking with you for up to 10 minutes. This is for accountability, for any confusion you may have or maybe just for your need to express.

The fee for all this growing time for you is \$1500.00 + tax (\$1575.00), payable on September 4th. The group is almost full but if there is enough interest, I will put a second group on as well. You can find lots of information, including the excellent research on High Performance Coaching by looking at a short video on my LivingFullyCoachingSite.com or searching for 'High Performance Coaching' on the internet.

You can let me know your interest by texting me at 604-341-4149 and we can see if the program is a good fit for you! I will be in touch again to let you know of other events that are going on for Fall.

♥ Go forth and Be Wonderful Today!

Lynda

* There is some limited scholarship money available. Text me for a time to talk.



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Questions? Contact me today

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