



Awaken Now!
Align To Greater Success in Life and Work
5 Weeks to a JumpStart

- Are you going through sudden, disruptive change?
- Are you getting the results you want in your life or career?
- Do you need guidance understanding and integrating this experience?

We all face challenges in our life and career. These changes can often be unsettling and make it difficult to find answers. Fortunately, there's always new directions we can take. We just have to find them. Find your leader within.

This 5-week course will give you greater clarity and support as you navigate these challenging times. A powerful underutilized resource is your intuition.

Goal: To give you insight, guidance, resources and practical tools to help you clarify and/or reach your goals.

Objectives – By participating in this Course you will:

- Articulate your definition of success.
- Gain greater clarity on what you REALLY want and HOW to get it.
- Identify the ways in which you may create self-imposed obstacles to achieving your goals.
- Create and implement your Resiliency Roadmap™ to create the life you want.

We will incorporate journaling, humor, art, movement, breath-work and music.
No previous experience required. Only prerequisite is having a life and being open.

Schedule: Wednesdays, 6:00-8:30 pm, October 21-November 18, 2009

Location: 24 Clapboard Ridge Road, Danbury, CT

Discounted Fee: \$495.00

Class size is limited so call or email today to register!

Phone: 203-730-2103 Email: info@sagelead.com

Instructor: Susan Q. Shaner, M.A., M.S.

Consultant, Coach & Certified Holistic Health Counselor

Susan has worked with thousands of clients as a leadership consultant at GE and IBM. She brings you the best of an integrated life of trainings and learnings. Susan's distinguished career includes being a trained corporate speaker, workshop designer, facilitator, and presenter, leadership consultant, executive coach, life coach, career counselor, expressive therapist and school teacher.

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