

Your response, your Energy, determines the outcomes to the challenges in your personal and/or work environment.

## *Living Whole Coaching*

# From Frazzled To Energized The Workshop



*March 2, 2012*

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**CHOOSE** to respond  
positively to your  
environment.

Do These Resonate With You? If you answered “Yes!” to these quotes, **REGISTER NOW** and become aware of the power of your energy.

The energy of the mind is the essence of life.— Aristotle  
Passion is energy. Feel the power that comes from focusing on what excites you. -  
Oprah Winfrey

Just as your car runs more smoothly and requires less energy to go faster and farther when the wheels are in perfect alignment, you perform better when your thoughts, feelings, emotions, goals, and values are in balance. - Brian Tracy

You've done it before and you can do it now. See the positive possibilities. Redirect the substantial energy of your frustration and turn it into positive, effective, unstoppable determination. - Ralph Marston

To learn more about the workshop, download our brochure

*A portion of each workshop fee is being donated to WE CAN*