



A workshop for
WAKING UP TO MIDLIFE...
Awake, Aware & at
Choice

For wild and wonderful women
willing to interrupt life as usual!

Ever feel like:

- You know more about what you don't want than what you do want?
- You are more uncertain about the future than energized by it?
- You want to take off your mask and discover the real you?
- You want to embrace life, arms open wide?

Wake up to Midlife and Receive:

- Clues from the past that point to your new direction
- Ways to make decisions that honor your heart and your wisdom
- A long-range plan that has major milestones you want to reach
- Immediate action steps to get started, and
- Enlivening tools to keep on track

What's Next? BE...

- **Awake** – acknowledge what's true for you now
- **Aware** – tune into what you want to let go of and carry forward
- **At Choice** – embrace the power of conscious choice and tune into your soul's longing
- **Energized** and excited to move forward

During this workshop you will:

- Decide what you want to let go of and what's worth taking forward
- Dive deep to discover your treasure through story-telling and story boarding
- Learn the power of being a creator using attention, intention and choice
- Play to discover your passion
- Create a roadmap with specific steps to begin the journey
- Experience the power of a circle of support and being seen

Your guide is Sandra Jones: As a skillful and seasoned certified coach Sandra helps women ignite and sustain their passion through claiming their own authority and following a path that brings them what they most desire.

When: Saturday, October 11, 9:30 a.m. – 5:00 p.m.

Where: *WomanSpirit* Center – Bellevue, WA 98004

\$85.00 includes all workshop activities, materials, healthy snacks, and a **private, 30-minute follow-up coaching session.**

Register NOW! – You have three choices:

1. To register online go to: <http://www.womanspirit.com> and click on Events and scroll down to "Waking UP..."
2. Call 425-641-1527, WomanSpirit Center, with your credit card information, or
3. Use the attached Registration Form to send in with your check.

Questions? Contact Sandra at 425-646-8170 or sandra@coachingadventures.com

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Saturday, October 11, 2008

Registration Form

1. Print this form and send it with your check or credit card information to:
WomanSpirit Center LLC, 1400 112th Ave. SE, Suite 100, Bellevue, WA 98004, OR
2. Call 425-641-1527 with your credit card information

NAME AND ADDRESS:

Name: _____ Phone: _____

Address: _____

City: _____ Zip: _____

E-Mail: _____

We accept Visa or Master Card. If you wish to pay by credit card, please fill out the following:

Name on card: _____ Zip: _____

Credit Card Number: _____ Expiration Date: ____/____

Last 3 digits on signature line: _____ Amount: (\$85) _____