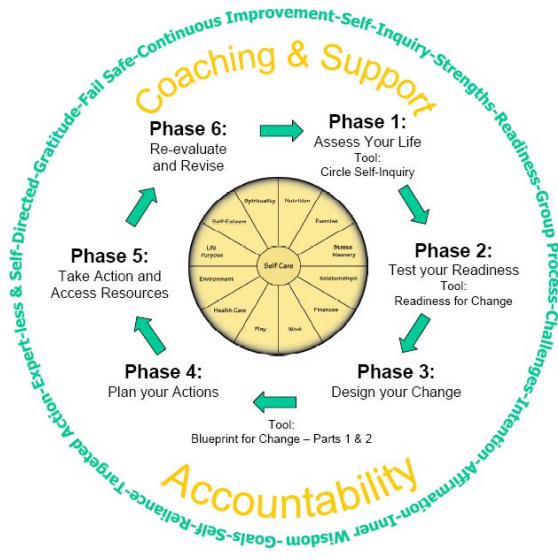


Circle of Life

Consciously Planning the Next Turn of Your Wheel

Lifespan RE: An 8-Week group coaching experience for people at mid-life



Are you ready to make the next phase of your life into the best phase of your life?

The Circle of Life is a gentle, powerful process for personal healing, empowerment and transformation. With the support of a skilled life coach, the power of the group, and the step-by-step tools developed by Rebecca MacLean and Roger Jahnke, you can truly make powerful decisions about where your life is headed and how you intend to live it. Whether your focus is on health improvement, stress mastery, career changes, spiritual practice, better relationships, or any other life sphere, you can design and implement a successful step-by-step action plan to fulfill your intentions and goals. You *can* have the life you want.

What will happen in the group?

- You'll complete a Circle of Life Assessment, evaluating 12 aspects of your life
- You'll conduct your own Readiness for Change Assessment
- You'll begin a powerful process of: *Intention/Challenge/Affirmation/Action/Accountability*
- You'll create a personal step-by-step strategy plan and schedule that really works for you
- You'll access your own inner wisdom and power
- You'll invite the wisdom, experiences, ideas & support of the group
- You'll create on-going support for yourself
- You'll experience the sense of empowerment that comes from setting your own powerful intentions and witnessing your own changes

Who is this group for? Mid-life folks (35-55, give or take a few years) seeking to create & sustain conscious, positive changes; limited to 10 people

When will this group meet? Wednesday evenings, March 14-May 2

What materials will I need? Circle of Life participant's manual – cost \$45, payable to Melissa at the first meeting

Who will be running this group? Melissa Parkerton, MA is a life coach with a great passion for supporting people through growth and transitions. For more information about Melissa or the Circle of Life, please call 310-913-1619 or send an email to piyarisoma@hotmail.com. Or see the *Circle of Life* table in Forbes Hall on February 11th.

