

Are you so busy in your life that you aren't paying attention to "you?"

Are you in surviving verse thriving in your life?

Do you feel you are **not on Purpose?**

Does it feel like a struggle to incorporate all you have to juggle to keep it all going?

Does a life area feel stuck, or clogged?

The Circle of Life program

With the support of a skilled life coach, the power, wisdom and experience of the group, along with clear tools, you will take action to change your identified life-area.

You will see clearly how you will balance and incorporate purposeful steps that make significant impact and create change in the direction you want.

By realizing and focusing on what actually matters to you, you can prioritize meaningful changes and ensure that you're taking care of yourself along the way. You **can** have the life you want.

You will take away and adopt tools so that when life throws something our way, interrupts our balance and gets us off track, you will have the skill-set and tools that you can use to rebalance.

Why even professionals have coaches to assist them see the areas that lag right?

Allow me an opportunity to assist you to identify, then stay accountable to the necessary steps that lead to your goal or change!



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 learn & begin a powerful process of: *Intention, Challenge, Affirmation, Action, Accountability*
- You'll access your own inner wisdom and power
- You'll invite the wisdom, experiences, ideas & positive support of the group
- You'll learn to invite on-going support for yourself to stay on target
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Who is this group for? Others ready to make a commitment to living a more purposeful life.

When will this group meet? This Retreat will take place at _____ Saturday _____, from 10:30 AM to 1:30 PM (There will be separate follow up sessions offered)

Intention – Challenge – Affirmation – Action – Accountability – Support

I will provide you a comprehensive approach to 12-Life Areas that you will define and clarify changes for greater satisfaction and a balanced life.

I have an in-depth understanding and extensive experience of helping to not only keep people on track, but impart tools that can and do change your life.

With COL, we deliver the critical components not taught in schools that help people "Enjoy" building balance in their lives for maximum happiness and satisfaction!

I believe that COL techniques are what give people the ability to attain, *and then maintain life balance and happiness.*

Who will be running this group?

Patricia Ballesteros is a life coach; her passion is to support people through growth and transitions with workable tools and on-going support for change.

For more information about Patricia or the Circle of Life, please call 505-424-9944 or send an email to patricia@formfitness.org