

# Join Us For A Special Event... Reach Your Potential!



## A Highly Interactive Life Coaching Workshop for Caregivers



**Presented by:** Ted Downing  
Certified Life Coach Principal,  
Downing Champion Coaching

### Topics include:

- What is life coaching for caregivers?
- How to reach out rather than burn out
- Creating a vision & setting boundaries for yourself
- Understand S.M.A.R.T. goals & develop your own
- Effective time management strategies

**Saturday, May 30, 2015**  
**11:00am to 3:30pm**

*\$150 per person, includes all workshop materials, continental breakfast & lunch.*

***Space is limited. Advance reservations and payment required.***

**For more information  
or to register, call 941.444.9398.**

***Our educational sessions bring the top professionals to you!***



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