



freshwaysforward

*A fresh approach with  
lasting results*

# Summer Refresher Programme

## Taking a more powerful you into 2013



- ▶ Are you realising how out of balance you've been, how much space work has taken up or how little time and energy you've given to yourself this year?
- ▶ Can you see yourself about to lurch into the new year in the same flurry of busy-ness and responsibilities, without stopping to take stock for *yourself*?
- ▶ Isn't it time to start making yourself and what really matters to you a priority?

If you answered 'yes' to any of these, then my Summer Refresher Programme is for you! Because you deserve it.

You will get to:

- ✓ Truly appreciate *who you are* and what you've accomplished
- ✓ See how you've settled and have a plan to get all that you want
- ✓ Assess how you can align your vision with your values
- ✓ Create a map for living with more balance, health and happiness
- ✓ Remove roadblocks so that you won't just set goals, but you will accomplish them!

The Summer Refresher Programme gives you the tools, inspiration and space to be *your best self*.

**It's not about just surviving, but thriving!**

**[Book me in!](#)**

Starting 10 December - 31 March, the programme includes:

- **Three one-hour Webinars**  
Giving you the tools, insights and know-how to move forward powerfully
- **Three sessions of One-to-One Coaching**  
Helping you move roadblocks, transform old patterns and create new ones
- **Retreat Afternoon**  
Coming together for an uplifting afternoon of fun, inspiration and sharing
- **Tools, audio downloads and booklets**  
Providing you with practical strategies that work.



Investment in you: \$995 or two instalments of \$545.

To register simply **[email us now](mailto:info@freshwaysforward.co.nz)** ([info@freshwaysforward.co.nz](mailto:info@freshwaysforward.co.nz)) or call Karen on 021 403 408.

*You really are worth it!*

[www.freshwaysforward.co.nz](http://www.freshwaysforward.co.nz)