

Learn to be Happy: A Six Week Life Coaching Program



Due to the demands of today's lifestyle many women feel dissatisfied and unhappy. This program is for the woman who wants to believe in and achieve new happiness and self-fulfillment. If you have experienced an unwanted change in your life, been disappointed in your relationships, at a crossroads in your life, or just feel negative and alone, this 6 week coaching program is for you!

What is life coaching?

- In coaching we look at life balance and how to live a more satisfied life.
- Coaching is about helping you set goals and determining the steps to attaining them.
- It differs from therapy because it is more goal oriented and more accountable.

Who benefits from life coaching?

- If a woman is going through a situation in life and needs support in setting her goals to obtain a desired outcome, then coaching may be the answer. Many of the issues we work on together include but are not limited to relationship problems, anxiety, codependency, loss, letting go, and life transitions.
- Coaching can also be a worthwhile enhancement to therapy. Many find the practical aspects of coaching combined with the discovery process in therapy useful to their recovery.

We are offering this program in two different time slots! You can choose to come on Thursday evenings; or if days work better for you, you can register for the Friday afternoon sessions. (Sorry but because of continuity in group coaching you cannot switch groups once you start.)

Group 1 (Evening Sessions) Begins Thursday, October 15th thru Nov 19th, 6:30 pm-8:00 pm

Group 2 (Afternoon Sessions) Begins Friday, October 9th through Nov 13th, 1:00 pm – 2:30 pm

Benefits of Group Coaching

#1 - Connection and Community. People crave connection, community and a sense of belonging.

#2 - Greater Accountability = Better Results. Its human nature that we're more likely to keep a commitment made publicly to a group. This well-structured group provides greater accountability which leads to more action and better results.

#3 - To Not Feel Alone. When people take on a big goal or focus on addressing an important issue, they often feel like they are the only one in that situation. But when that person is in a group with others who are in the same boat, they experience the "normalization effect" which makes it so much easier to move forward.

#4 - Expand and Develop a Network. Our busy lifestyles often leave little time to develop new friends and a network of women who can support us in our personal growth.

#5 - Deepen Knowledge and Accelerate Growth. There is so much collective wisdom in a group and it's one of the best ways to address, "Not knowing what you don't know." Experiencing someone else being coached is a powerful way to deepen learning, expand awareness and discover new insights.

#6 - To Share and Contribute. Deep down we all want to make an impact and contribute to others. Participating in a coaching group is an excellent avenue for this.

#7 - Something to Look Forward To. The most successful coaching groups are enjoyable, uplifting and inspiring... if not down-right fun. And who doesn't want more fun, enjoyment and inspiration?

And Last, But Definitely Not Least...

#8 - Great Return on Investment. Individual coaching rates are \$100 a session (1 hour), this coaching group (1.5 hours) is 60% off the regular price or \$40 an hour. You are getting a deal, saving money and maximizing your return on your coaching investment.

Session Descriptions

- Session 1: Life Balance Assessment
- Session 2: Values and Needs Assessment
- Session 3: Understanding Codependency
- Session 4: Exploring Boundaries
- Session 5: Understanding the Importance of Words
- Session 6: Continue Your Journey

Details

- Who can attend: women ages 19 and older
- What is the program: six week life coaching program dedicated to the process of being happy and satisfied
- Where: Crossroads Programs
420 Walnut St
Pekin, IL
- When: (Evening Sessions) Begins
Thursday, October 15th thru Nov
19th, 6:30 pm-8:00 pm

(Afternoon Sessions) Begins
Friday, October 9th through Nov
13th, 1:00 pm – 2:30 pm
- Cost: \$480

About the Coach



Bonnie is a Nationally Certified Life Coach. She has been in the treatment field since 1987. She was a founding officer of Remuda Ranch Centers serving as a Vice President until February 2002. Since February 2002 she has served as the Managing Director of The International Association of Eating Disorders

Professionals Foundation (iaedp). She has served many major treatment facilities as a consultant and as a coach and/or mentor for their employees.

"The last 30 years of my life has been devoted to helping women with the struggles they face in their lives.

It has been a dream of mine to open Crossroads to serve women who suffer with emotional issues that interrupt and disrupt their lives. Our intensive outpatient programs, facilitated by prominent clinicians, offer practical tools for change as well as providing an individualized aftercare plan.

It is exciting to add personal growth coaching programs to our services because I am committed to helping women improve their well-being and their lives. This represents an expansion of the services we have created to help women. There are many women who do not need therapy but want help improving their lives achieving new goals."

Registration for Learn to Be Happy Coaching Program

Your name: _____ Age _____

Address: _____
Street Address City, State, Zip

Email address: (required) _____

Please check which session you wish to attend: () Thursday evenings () Friday afternoons

Credit Card Information

Type of Card: () VISA () MASTERCARD () DISCOVER () AMERICAN EXPRESS

Card Number: _____ Expiration Date: _____

Billing Address: _____
Street Address City State Zip

You can fill out this form and email it to bresourceful@earthlink.net

Or

Print, fill out, and mail to: Crossroads, 420 Walnut St, Pekin IL

Or

Print, fill out, and fax to: 800-348-0937

To register by phone: 309-202-0111

_____ Date _____
By Signing I authorize payment from the credit card listed above.