

PASSION EASE AND GRACE

A group for women who desire more

Imagine if you could attract more of what you want into your life – passion, love, ease, confidence, happiness, inspiration, success... How would it feel to live life fully, knowing you were following your life's purpose?

If you're like most women I know you have a yearning to be the best you can and a deep fear that you may not get there. You know that you can create your life exactly how you want but you need a nudge (or a big push!) in the right direction.

Passion Ease and Grace is an intimate mentoring group for women like you who have an intuitive desire for more. It is designed to empower you to reach further into yourself so that you can create what is true to you.

You will receive 8 hours of professional coaching and mentoring over a 4 week period – that's 2 hours every week. Each week you'll get guidance through a highly participative process based on a proven 5 step model of attracting what you desire. You will discuss, share ideas, complete exercises, give and get emotional support, laugh and be inspired.

Over the 4 weeks you will:

- learn what isn't working in your life
- understand what holds you back
- be given techniques to move you forward
- determine what you really want
- be inspired to take action and follow your intuition

Because I want you to get the most out of your time with the group I will ensure that each session has a clear focus and purpose. This is not the type of women's group where we just sit and chat. Do you know what I mean? This group is designed for women who strongly desire more and who are prepared to take action.

The group is limited to a maximum of 6 participants so that you'll get personal attention and guidance.

All of which will mean you:

- feel safe, inspired and empowered
- get support from a group of like-minded women
- find the courage to follow your dreams
- attract more of what you want in life

Do you begin to sense that working in such a committed supportive group will make the difference to you? Have you tried to do this on your own and failed? The advantage of choosing this group is that structure of the

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sessions will give you the necessary framework and push to make those changes that you truly desire.

This group is a must for women who:

- want change now
- are committed to their own learning and growth
- are willing to move outside their comfort zone
- know they can do this more easily when supported by others
- want to work in a spirit of harmony with like-minded women
- have a deep desire to create an extraordinary life

Wouldn't it be amazing to wake up each morning energised and excited, knowing that you are on track? And how exciting will it be to create this with a group of inspired passionate women who just like you, are also on the path to achieving what they want.

Here's what past coaching clients have said:

"Joan helped me achieve balance and harmony in my life and dramatically shifted me in areas that I'd felt really stuck in. Joan is very organised and thorough as well as being warm, supportive and insightful." Denise, Artist

"What I appreciate most about Joan's coaching skills is her ability to get to the heart of the matter – both literally and figuratively. Joan's warmth and integrity helped me feel safe and truly encouraged." Kate, Mother/Teacher

Choose your day

To make it easy for you to attend I'm launching two **Passion Ease and Grace** groups at different times. Both groups will be held in Arana Hills.

You can choose to attend either on a Friday morning or on a Wednesday night. Both groups run for 4 weeks and are 2 hours each week. Just pick the time that suits you best.

1. Friday group - starts 11 November 9am - 11am
2. Wednesday group - starts 16 November 7pm - 9pm

So how much is this passionate women's group going to cost you? As I am so excited about this new venture, I'm offering it you at the special price of \$95. For only \$95 you get 8 hours of mentoring, great company, inspired learning as well as tea/coffee and scrummy muffins!

Call to find out more or contact me now to register 0431 766 461 or joan@businessandpersonalcoaching.com.

PS. Passion Ease and Grace is for women who are ready to create more. If you're up for the challenge I'd love to have you join me!

PPS. If you want to do this but the days/times don't suit you, contact me and I'll see what I can do next year to create a time slot that does work for you.