



LK Kinetics

Presents a

Lifestyle Series Workshop

Discover your own potential and transform your life!

Path to Successful Living

A guided five (5) week journey of self exploration, developing positive behaviours, building a path for success and attaining goals. All the while discovering your inner strength and gaining tools to help you succeed in all aspects of your life; career, home and relationships.

Using specific coaching techniques, the facilitator will help you in identifying and developing the special talents and skills you already possess.

- ✓ You will be guided to uncover new possibilities and to develop new skills. These will enhance your career and your personal life experience while keeping you balanced at home, at work and in your relationships.
- ✓ You will explore the barriers and challenges that hold you back and how to eliminate or overcome them moving forward.
- ✓ You will learn how to use positive self talk and remove negative thought patterns so that you can remain positive even in challenging situations.
- ✓ You will learn how to track your successes and the methods used to accomplish your goals as a step by step guide to your future.

By mapping a positive path forward, using tools and techniques acquired during the 5 weeks you will be rewarded by successes in all aspects of your life.

Additional individual support is available on an ongoing basis during the 5 weeks.

Date: October 17 to November 14, 2011

Time: 6:45 P.M. to 9:00 P.M.

Place: Unity Spiritual Centre, 3640 Wells, Windsor, On.

Cost: \$250.00

Facilitator: Louise Klimczak Cht. TTP

Louise has been involved in teaching a holistic approach to positive inner values and self growth since 1985. Her professional and caring approach, along with the use of a variety of techniques for positive results, have earned her recognition in her field. She is a Clinical Hypnotherapist, certified member of the International Medical and Dental Hypnotherapy Association. She specializes in Holistic Life Coaching, Behaviour modification, Mind Body Birthing, Addictionology and Fibromyalgia. Louise is the Founder of the Holistic Wellness Centre in Windsor.

For more information

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