



## DOING WELL

*So glad you're here!*



### Welcome 2024



Happy New Year! My hope for my friends, family, colleagues, and clients has not changed much from last year. My desire for you is to find your best self, show real self care for that self, claim some peace and joy, live your essential vision. Whatever that may be, seek to know what you want and live in alignment with those values.

As your best self, you are almost always in a better position to be a positive and purposeful contributor to a world that so needs people operating in their higher energies. Consciously and with true intention, validate your own worth. As much as is possible, YOU be the judge of what is winning and working as a result of your efforts. Take stock of your friendships and make changes where you are not *giving and/or receiving* supportive, kind, helpful energy. 'Strive to be happy.'



## Relationship Savvy

*“YOUR RELATIONSHIPS ARE A REFLECTION OF YOUR RELATIONSHIP WITH YOURSELF”*

Relationship Savvy is focused on improving the ever dynamic yet fundamentally important relationship with yourself and the people in your life. Whether you utilize the free tools an assessments or sign up for a more intensive program or coaching session, don't let anymore time go by without investing in better relationships.

Available Free Tools:

- Relationship Readiness Quiz
- Relationship Assessment for Couples
- Dating Red Flags Checklist
- Communications Map
- and more

**RELATIONSHIP SAVVY**



## Care Conversations

THURSDAY, JANUARY 18TH

Join us at the next Care Conversations with Cynthia & Jocelyn where we will share all we know to. improve you immunity health. Refreshments will be served.

### **FLYER AND REGISTRATION**



### **FREE RESOURCE**

21 QUESTIONS TO  
EXCEPTIONAL GOAL SETTING

Let's ditch the "resolution" baggage and embrace the exciting possibilities of goal setting in the new year! Learn how to set goals that are in alignment with your values for an optimal outcome.

**INSTANT DOWNLOAD**

# Upcoming Programs



## **NEW YEARS SALE! PERSONAL VALUES AUDIT**

Get this life changing assessment for almost 50% off!!! Normally \$199, you'll get this comprehensive, self-paced program for only \$100 (which includes two coaching sessions). Offer available from 1/1 - 1/15/24. [Learn More](#)



### **Real Self Care: The Program**

Invest eight weeks of valuable time to find out what exactly is 'real' self-care, identify areas where you need to give yourself more, and develop your personal care plan.

[Learn more](#)



### **Uncomfortable Conversations**

Difficult conversations are a part of life. Whether it's with a family member, friend, colleague, or customer, there will be times when you need to have a conversation that's uncomfortable or challenging.

[Learn more](#)



### **Getting Ready For Love**

This 8-week program is a deep dive into seeing, developing, expanding your vision for what you want in life and love and getting clear on how to get it.

[Learn more](#)

