

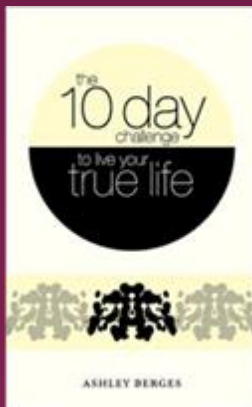


Ashley Berges

Professional Speaker, Coach and Author

The 10-Day Challenge to Live Your True Life

Throughout this book, you will come across new concepts, and with steady quickness you will implement them into your daily life. With each passing day, you will become more knowledgeable and confident of your position in life. You will then possess the tools to take your life to that next remarkable level.



We all deal with adversity, personally and professionally. Sometimes we triumph; other times we fail. Ashley Berges has designed tools to triumph over adversity, negativity and roadblocks in our lives. Whether in a corporate workshop or one on one, Ashley has the knowledge and experience to help you understand why you are living the life you are and how to get you to the life you really want.

Business and Corporate

Business and corporate coaching are powerful and responsible modes of action when you feel you are generating less success than you can.

The key to succeeding in any business is understanding how to utilize your business's key asset, its people/employees. Companies must evolve to survive, and in order to evolve they must work with their employees and corporate culture to aid in their success. If you are ready to take your company to the next level and to succeed instead of just surviving, contact Ashley today! She and her team will tailor her message to specifically meet the needs of your organization.

Personal Journeys

Life is always evolving and with evolution comes change. The way we label and react to that change is vital.

Even more vital is the way we feel about ourselves, which directly impacts our life at our core. We begin by clearly understanding why you do what you do. We have mental records that play over and over again in our heads. These records, if positive and full of life and love, are truly a gift. However, most people possess a mental record that's negative and self-destructive. Ashley can show you the road out of that destructive thinking and onto the path of success.

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