

Join Us For A Special Event... Reach Your Potential!



A Highly Interactive Life Coaching Workshop for Caregivers



Presented by: Ted Downing
Certified Life Coach Principal,
Downing Champion Coaching

Topics include:

- What is life coaching for caregivers?
- How to reach out rather than burn out
- Creating a vision & setting boundaries for yourself
- Understand S.M.A.R.T. goals & develop your own
- Effective time management strategies

Saturday, May 30, 2015

11:00am to 3:30pm

\$150 per person, includes all workshop materials, continental breakfast & lunch.

Space is limited. Advance reservations and payment required.

**For more information
or to register, call 941.444.9398.**

Our educational sessions bring the top professionals to you!



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OF SARASOTA

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Created for Living.™