

Mum/Life/Health Balance Workshop

You've heard about the Work/Life/Health Balance workshops taking the world by storm. These are great if you work in the corporate world or are self employed. But what if you are a stay-at-home mum or even a mum who works? **The issues mums face are different and the way to solve those issues is unique to each mum.**

The Mum/Life/Health Balance workshop will give you the tools and confidence to **develop the solution that suits your life.** You can choose whether you want to work on your health, fitness, family life, social life, organization skills or even just time out for you.

During the **two-hour workshop** you will:

- ✓ Complete a life self assessment
- ✓ Develop a plan to improve at least one area of your life
- ✓ Learn Emotional Freedom Techniques (that you can also use with your children)
- ✓ Learn how to empower your thoughts using the basics of Choice Theory

The **next workshops in Noosa** will be:

- ▶ Tues 14th Aug 7-9pm at The J
- ▶ Thurs 16th Aug 9.30-11.30am at the Noosa Leisure Centre

Numbers are strictly limited so phone now to reserve your place and receive a special introductory price of only **\$30 for one person or \$50 for two people.**

For bookings please **phone Margit** on 0407 532 722 or 5455 6740.



Your facilitator is **Margit Cruice**, a Certified Professional Coach with three young children of her own. To find out more about Margit visit her website www.yourfamilyvision.com

Here's what her clients say

I think that Margit is one of the most delightful individuals, possessing a calm, genuine and energizing spirit

Nancy, USA

Margit gave me the confidence to get out of my comfort zone and make the changes I wanted to. It's an unbelievable feeling!

Susanne, Australia

Margit helped me recognize my value and inspired me to share it with the world. Working with her was one of the most positive experiences of my life

Darcy, Canada