

Top 10 Things You'll Learn at Life 301:

By Carrie -- April 2004 Graduate

1. Accountability and encouragement to accomplish your personal goals.
2. Tolerations and obstacles standing in the way of optimal performance.
3. Integrity busters and how they drain the energy from one's life.
4. What charges and drains your life battery
5. How to get your needs identified, met, and satisfied.
6. Identifying and setting boundaries to get the best use of your effort and energy.
7. Your unique values and how they drive your life.
8. What naturally motivates you versus causes conflict both internally and externally.
9. How to set goals according to your values instead of letting "wants" rule your life.
10. Steps to move forward without feeling guilty or burdened.

"The easiest thing to be in the world is you. The most difficult thing to be is what other people want you to be. Don't let them put you in that position."

Leo Buscaglia

Testimonials:

"I have a very successful career and participated in this class to obtain success in all facets of my life. Through this program, I have defined my values and have established clear goals to achieve them. I am amazed at how quickly the transformation has occurred. Shandel is a phenomenal coach and I enjoyed participating in a program with other professionals who have a desire to be successful in all aspects of their lives!" Redmond, WA

"The Life 301 Workshop was an amazing and valuable experience. It's easy to measure the impact of improvement in my life - the time and financial investment of this class were incredibly well spent. "Life 301" stays committed to personal responsibility and developing integrity. The tools and ideas in this course were an incredible resource as I work to improve my business, personal, and spiritual life. The process and assignments emphasized that this is a class with clearly defined objectives - not just a "feel good experience." Portland, OR

"The class helped me become crystal clear about the importance of aligning my words, thoughts and actions in my life. I am now more aware than ever of what I do to hold myself back from being the person I want to be. I feel like the door to my soul has been opened and I am finally taking a good look at myself, who I am and what I want to become." Seattle, WA

"Class was incredible! Was able to focus on the real me which was always there, just needed some deep digging to bring out & remove the artificial exterior which we have been accustomed to in today's society. Helping me be a better person every minute of everyday. Giving me some real personal goals to strive for." Boston, MA

Life 301 Workshop

The Advanced Course
for living a fulfilled life



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How would you like a life...

- That is more fulfilling than you ever imagined?
- In which you have laser-like focus for your goals, plans and dreams for the future?
- With more time, energy and determination to accomplish the important things in life?

Are you ready, willing, and able to do what is necessary to experience such a life? This workshop is for those who have successfully taken on the basics of life and now seek the next level in which to excel.

If you've attained a measure of success, yet find yourself at a personal or professional plateau, Life 301 is for you. If you find that practically every minute of your life is filled, yet you lack fulfillment, this workshop is for you. Discovering and working from your personal values you'll maximize your potential to succeed in all aspects of your life.

About Your Coach:

All workshops are facilitated by a certified True Life coach who is also a workshop graduate. Master Certified Coach Shandel Slaten, CEO and Founder of True Life Coaching, Inc. has developed an extensive training program every True Life coach must complete in order to be certified. The coaches are given specific curriculum training, along with small group dynamics coaching.

Learn how to maximize your potential by orienting your life around your personal values. As you identify and begin to say YES to the opportunities that can propel you forward, you will also be challenged to say NO to those things that hinder your progress.

During the workshop you will:

- Accomplish one important goal, and set the stage to accomplish more.
- Discover the chargers and drainers of your personal Life Battery™.
- Gain personal insight by utilizing left brain tools to ignite right brain clarity.
- Create lifetime habits that will improve your life, your career, and your relationships.

Private coaching sessions are also available on a discounted basis for participants who desire to go deeper on a given topic. Remember: the requirement is that you are ready, willing, and able to change. This is not group therapy, so the focus is not on the past, but focus is on the future and your desire to grow and to be challenged. This could help change your life if you let it.

How It Works:

- Life 301 is a team workshop guided by a certified True Life coach in person or via teleconference.
- The ideal team consists of 8-10 individuals dedicated not only to their own growth, but to the growth of the others in the group as well.
- The group meets 6 times, every other week for one hour over a 90-day period.
- Each week, participants will check in with one other student on a one-on-one basis to provide maximum learning and accountability.
- The coach will introduce and explain weekly, results-oriented exercises, which were developed specifically to assess the participant's starting point; to address tolerations and obstacles of life; to create a Life Battery™, to set boundaries and standards in life; and to set goals based on core values.

To Register – go to www.truelifecoaching.com and find the workshop that works best for your schedule and location. Your welcome packet with your first assignment will be emailed to you. If not now, when?

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