

Create your Journey Workshop

Where would you like to go?

A workshop to help you (re-)connect with the true YOU and find the path to where you would most like to go right now.

Who is the workshop for? This workshop is geared toward women who are feeling unfulfilled and/or stuck in their work. You know there is more out there for you, but you are not sure what that is or how to get it. You may be feeling frustrated, lost and dis-connected. You are now ready to go on a journey to find the path to your next step so that you can experience a greater sense of joy and fulfillment.

Description: This workshop has been designed to help women find and (re-)connect with that inner expert inside. Through discussion and exercises, you will get support in exploring and discovering your greater purpose so you can feel a greater sense of joy and fulfillment in your life. Included topics are: finding and living by your core values, listening to both your mind and your heart, and finding true energy within us—being pulled instead of having to push ourselves. This is a day for you to re-connect with your TRUE self in a calm, supportive, SAFE, warm environment and to have fun doing it. Although you will undoubtedly learn more about yourself and go deeper within, the workshop is also filled with ease, joy and lightness. You will leave the day with a workbook and added insight about where you are and where you want to go next. You will also have tools and resources to take you further.

Workshop facilitator: Janette Valentino, CPC, is an international personal life coach. Find out more about her and/or the workshop using the contact information below.

Investment (introductory price): \$95 pre-registration, \$115 after March 5th. Lunch not included.

Date: March 19th, 2011. Time: 9.30 am – 3.30 pm, Location: The Conscious Lounge, Santa Cruz

To register, go to http://www.cj-coaching.com/Inspiration_Resources.html or fill out the information below and send payment to: Janette Valentino, Create your Journey Coaching, 343 Soquel Ave., Suite 157, Santa Cruz, CA 95062.

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Name: _____

Address: _____

Email: _____

Phone: _____

Please note that by filling out this information, you will be added to Janette's email mailing list.



[Closed eye journey mood lady](#)

To find out more about the mood lady go to the [Inspiration & Resources page at www.cj-coaching.com](#).

Janette Valentino

Create your Journey Coaching

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www.cj-coaching.com