

Feeling stuck or deflated?
Want to do more of what matters, what you enjoy?
Done with abandoned New Year's resolutions?



Thrive! **Create Your Most Rewarding Year**

Thursdays, Jan. 19 & 26, 2017, 7pm Vancouver, BC

Join this fun interactive workshop to turn uncertainty, procrastination and stress into Clarity, Focus & Success—and make 2017 Your Best Year yet!

Create your 2017 "Adventure Map" and Gift Goals that defy procrastination
Use Success Tools from well-being research to stay on track
Leap into Action--and Thrive!

Two evenings + personal "Thrive" session:
\$97 Early Bird, \$137 after Jan. 15



About the facilitator: Isabel Budke (CPC, MRM, MA) is a Leadership and Transitions Strategist with over 15 years of professional experience. She loves nature, adventure and climbing mountains. As a Certified Professional Co-Active Coach, she helps others take their health and happiness to new heights--and thrive!

For more info and to register: Isabel@IsabelBudke.com & www.IsabelBudke.com