



Lead Life on Purpose!

Leading a purposeful life doesn't mean changing who you are; it means understanding more of who you are and knowing how to make that a reality.

Announcing the *Lead Life on Purpose* Workshop for Women Ready for Transformation

Who have you come here to be? What is your purpose? What matters most to you? This one day workshop is designed for you to be able to get 'away' from your everyday existence and take the time to focus on you. During this very hands on workshop, you will:

- Acknowledge success and disappointments you have had in your past and learn their powerful lessons for guiding you in the future.
- Discover your powerful vision for yourself and your life to support you in making conscious choices on how you decide to spend your most valuable resources.
- Tap into the powers that hold you back from currently achieving your dreams and release them to pave the way for a new empowering belief to carry you forward.
- Recognize the roles you play in your life and discover how values are leading your everyday choices and decisions.
- Have the tools to focus your attitude and make a commitment to taking the action steps necessary to make it a reality. You will leave with a powerful one page plan for success, complete with goals for the next 12 months of your life.

**This one day workshop is only \$147.95 -
bring a friend and pay \$260.00 for both!**

Included with the workshop: Continental Breakfast | All workshop Materials | 60 Minute follow up Coaching Session with an ICF Certified Coach

Workshop Date: March 25, 2011 from 8:30 am to 5:00 pm

Location: 7730 South Union Park Ave., Suite 150

[REGISTER NOW](#) for online registration

Contact US by emailing info@transformationalretreats.net

ABOUT Your Workshop Facilitators

Kimberly Kniveton is owner of Ascent Coaching and Consulting based in Salt Lake City, Utah. Kim has over 18 years of experience in improving workplace performance and is an expert in coaching, leadership development, emotional intelligence, change management, strategy execution and supporting teams and organizations focus on *doing the work that matters*.

She has a degree in psychology and communications and earned her MBA in 2000. She is a certified coach through the International Coaching Federation (ICF), is certified in several personal and organizational assessments and is a licensed facilitator of the Best Year Yet system for achieving results.

Trigena Halley is owner of Peak Performance Coaching, Consulting and Training based in Salt Lake City, Utah. Trigena has over 18 years experience in performance consulting and quality working in the corporate sector leading global departments and teams. Her expertise includes training and mentoring new coaches, developing leaders and teams and working with individuals to manage conflict and transition effectively.

She has a degree in Marketing and a Masters in Communication Consultancy. Trigena is a Professional Certified Coach with the International Coaching Federation (ICF) and is certified in several personal assessments. She is the co-author of *"A Coach Approach to Leadership: Enhancing Performance, Empowering Others"*.

Sign me UP! I'm ready For TRANSFORMATION

Contact Transformational Retreats:

info@transformationalretreats.net

Trigena Halley 801.915.4046

Kimberly Kniveton: 801.272.3534

Other workshops by TransformationalRetreats.net:

T ransform Your Leadership - \$1,250.00 per person

This two-day event focuses on how you can STEP UP your leadership skills. We will use a variety of assessment tools to help you discover your strengths and focus on moving yourself to a position to effectively lead others. Leave this retreat with a fresh outlook on how to go forward with strength as a leader! Your retreat cost includes your food and lodging at one of Utah's premier resort destinations.

T ransform Your Relationships - \$1,495.00 per person

Come and spend two days away and get immersed in YOU. During these two days you will discover how you work with others through various assessments as well as find out the finer details of how you lead others and work within conflict and collaboration. These two days are perfect for those who want to get away and truly learn and challenge themselves. Your retreat cost includes your food and lodging at one of Utah's premier resort destinations.

T ransform Your Life - \$2,795.00 per person

Come and get away and learn in a fun and experiential environment. These four days will include concepts from the other three retreats and introduce new material to support you in making the changes you desire. These four days are perfect for those enjoy combining outdoor experiential learning with a traditional classroom environment. Your retreat cost includes your food and lodging at one of Utah's premier resort destinations.

T ransform Your Team/Organization - Contact for Details

Bring together your entire team to transform both your team attitude, how you work together and walk away with a powerful plan for achieving the results that matters most. We can facilitate team building activities, group assessments, organizational climate surveys and strategic planning retreats. We are your partner in providing you and your team clarity, focus and alignment to your mission, vision and values. After working with us your team will be more engaged and energized to work together more effectively without the silos and hidden agendas. All team retreats and workshops are customized to your particular needs.