

Do you want?

- a more positive outlook on life
- insight into what holds you back
- the motivation to set and achieve your own challenging goals



If you are interested in Life Coaching and NLP, and how these can help you to make positive, lasting changes to your life.....

This popular **seven week** course is for you!

Making Choices, Making Changes

'I have never done such a beneficial and fulfilling course'

'I feel so much better in myself and didn't want it to end'

The Traditional Acupuncture Centre

19 Binswood Street, Leamington Spa CV32 5RW Tel (01926) 450990

www.trad-ac.co.uk

with Ruth Guy (BA Hons, Dip LC, NLP Practitioner)

Mondays from April 14th (excl 5 and 26 May)

7.00 pm to 9.00 pm

£110 including £10 deposit

Advance Booking Essential as places are limited

If you would like to find out more about this course, or about individual Life Coaching, please contact me to arrange a free consultation

email ruth@takingsteps.co.uk

phone 07887 848624

www.takingsteps.co.uk

.....small changes make a BIG difference!