

Where are you now in life? Where do you want to be?

Join our popular seven week course....

Making Choices, Making Changes

based on Life Coaching and NLP, and gain.....

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

'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)

Tuesdays from Jan 22nd (excl 12 Feb) 7.00pm to 9.00pm

£105 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

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