



## CATALYST Business Coaching

# How to reach greater success in only one hour... starting from scratch

Are your choices supporting you? Are you living in isolation? Discover the **#1 key** to your **success and happiness**.

*This was a high energy, entertaining and motivational session providing wonderful interaction with other participants. Participants left feeling very positive and motivated to take action towards their goals.*

Chrystal Mihelic, Fraser South Rehabilitation & Recovery Coordinator

Conference Co-chair, Fraser South Mental Health & Addictions Workshop

### Learn:

- ❑ Understand the **impacts** of the changing workplace.
- ❑ Make **better choices**. Use your power of choice to improve your life.
- ❑ Know **what you want**... consistently.

### Benefits:

- ❑ “No man is an island” **No longer feel that you are alone**, not measuring up. Know that there are a lot of people out there feeling the same pressures as you are.
- ❑ Know when and what to **say NO** to, **quickly**.
- ❑ Say yes to where you truly **want to spend your time**.
- ❑ **Make good choices** over and over and over again. No longer agonize over yes/no decisions.

## Guaranteed Return on the #1 Investment... YOU

### Seminar Facilitator

Jacque Small, Chartered Financial Analyst, is genuinely committed to helping senior management tap into their natural brilliance, transcend differences and re-launch their thinking power. Creative and innovative ideas are stimulated, generating amazing results.



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