

Achieving Work-Life Balance Coaching Group

- ◆ Are you feeling overloaded and overwhelmed with your numerous responsibilities?
- ◆ Is there never enough hours in the day to get everything done?
- ◆ Are you feeling exhausted by the end of the day?

There is help! Join a coaching group to help you **improve the balance in your life**. You'll be able to focus on your most important priorities, which will result in **greater productivity, less stress, and more peace and enjoyment in your life**.

Group coaching consists of a small group of 6-8 **working women** who meet every other week via teleconference to discuss real-life issues related to work/life balance. The group is facilitated by a Certified Life Coach, Kathleen Barton. Coaching will help you make **significant positive changes** to successfully balance your life.

This coaching group will allow you to:

- ◆ Work on real-life issues
- ◆ Get coaching on how to resolve your issues
- ◆ Learn from others' experiences
- ◆ Gain support from the group
- ◆ Take action to achieve your goals

Topics to be discussed:

- ◆ Evaluate the balance in your life
- ◆ Identify & stay focused on your priorities
- ◆ Set limits and boundaries
- ◆ Delegate and gain support
- ◆ Ways to organize and save time
- ◆ How to simplify your life
- ◆ Ways to rejuvenate and refresh yourself
- ◆ Personal challenges and successes

The Facilitator: Kathleen Barton, MBA, Certified Career & Life Coach

Kathleen Barton is a keynote speaker, workshop presenter, author and life coach. She empowers working women to live a purpose-driven and balanced life. Kathleen specializes in life purpose, career success, and work-life balance. Key clients include American Business Women's Association, Hewlett-Packard Company, Nationwide Insurance, Pepsi-Cola, Professional Business Women of CA, PricewaterhouseCoopers, Women in Technology International, and Yahoo, Inc., among others.

Kathleen has 20 years experience in human resource management & development. Her psychology background (B.A.) combined with business experience gives Kathleen unique insight into the lives of working professionals.

Kathleen is the author of ***Connecting with Success, Finding Your Purpose and Passion in Life***, and ***The Balancing Act: Managing Work & Life*** audio/workbook. Her work has been featured in numerous publications, including Business Week, The Executive, Prosper Magazine and The Wall Street Journal Online.

Kathleen successfully balances her various roles as speaker, author, coach, wife, mother, volunteer, and singer. Her dynamic and interactive programs will inspire you to get your life in balance!

Date & Time: Fridays 12:00 – 1:00 p.m. or Thursdays 5:00 – 6:00 p.m. Pacific Time
Seven one-hour sessions scheduled every other week
– Starting the week of August 1st and ending the week of October 24th

Location: Via telephone bridge line from the convenience of your home or office.

Fee: \$350 (for 7 sessions)

Early Registration Discount: **\$275** if registered by **July 16th**



**Registration Form
Achieving Work-Life Balance
Group Coaching
Aug 5/6 – Oct 28/29**

Name: _____

Title: _____

Organization: _____

Address: _____

Telephone: _____ **Fax:** _____

E-mail: _____

Preferred Time: ____ Fri. 12:00 p.m. PT ____ Thurs. 5:00 p.m. PT ____ Either

Fee: \$350 (for 7 sessions)

Early Registration Discount: **\$275** if registered by **July 16th**

Checks: Make checks payable to Kathleen Barton Presentations.

Credit Cards: Visa MasterCard

_____ Exp. _____

Signature: _____

Mail, e-mail or fax registration form to:

Kathleen Barton Presentations
1235 Naturewood Drive
Meadow Vista, CA 95722
E-mail: Kathleen@YourLifeBalanceCoach.com
Fax: 530/637-4883

Registration Deadline: July 28th

Questions? Please send e-mail to Kathleen@YourLifeBalanceCoach.com or call 916-223-6466.