

# Eat Cake: An Inspiring Workshop for Women



## Are You...

- Ready for more passion, excitement and freedom in your life?
- At a crossroads in your life, seeking a career or life transition?
- Tired of always waiting for “some day” to begin living your life to the fullest?

## Would you like to...

- Stretch beyond your comfort zone?
- Wake each day looking forward to new possibilities?
- Discover what would make your life full, fun and fulfilling?
- Design your “best fit” career and life?
- Challenge the “what if’s” that may be holding you back?

## Ready to take the first step?

Check out the website [www.eatcakeandhaveitto.com.au](http://www.eatcakeandhaveitto.com.au) and register for Eat Cake- An Inspirational Workshop for Women. Seats are limited. Book now to avoid disappointment.

## Program Outline:

### Understanding your life

- What you want from this journey
- Where is your life today?
- Your defining moments
- The power of choice

### Five Keys to Having Your Cake and Eating it Too

### How to Play the Game of Life

- Designing your Ideal Life and living congruently with your values

### Creating the Ultimate Vision for Your Life

- Your focus and goal setting
- Goal Setting for Extraordinary Success

## **Your Investment:**

ONLY \$297 (Full day workshop includes morning tea, lunch and afternoon tea)

## **Your Bonuses:**

### **Complimentary 1 on 1 coaching consultation to consolidate your learning and put your plans into action**

- Explore obstacles which may get in the way of you achieving your dreams and come away with a **better understanding** of yourself and some specific steps you can begin taking immediately to move forward.
- Consultations can take place at my office or by telephone. So wherever you are and whatever your schedule, it can fit!
- Best of all, the consultation is offered at **no cost to you** and there is no obligation.

## **Create Your Extraordinary Life Workbook**

Complete a range of practical activities and exercises designed to help you get clear and focus on what you want in life. **Explore the keys to having your Cake and Eating it too** in order to achieve an extraordinary life. The keys to becoming all you can be, whether it is in the area of career, work, relationships, health, wealth, happiness or love.

This program is about assisting you to explore the questions you need to take your life to the next level and make the decisions to enable you to transition from where you are to where you want to be.

“GIVE ME ONE DAY AND I PROMISE THAT YOU WILL LEAVE THE SESSION RENEWED, RE-ENERGISED AND INSPIRED TO TAKE YOUR LIFE TO THE NEXT LEVEL”

Lisa Green –Career & Life Style Coach, Trainer & Consultant

