



"Recalibrate Your Life For 2005!"

Design the best year yet of your life

January 15, 2005 - Victoria, BC
January 22, 2005 - Nanaimo, BC

Workshop Overview and Objectives

2005 can be the best year yet of your life – a year where you set and achieve goals and make real progress toward realizing your dreams. And it's possible without any New Year's resolutions! Studies have shown that only 77% of New Year's resolutions survive the first week, and a month later it's 55%. Instead of making resolutions that don't stick (or worse, no commitments at all) why not invest one day to "Recalibrate Your Life for 2005!" Take time out to reflect on your life and develop meaningful goals with the guidance of Lisa Mallett, Certified Professional Coach.

Lisa leads this interactive one-day workshop that covers a simple process designed to help you:

- Set goals that are uniquely right for you
- Develop your personal action plan for success

The workshop focuses on helping you to organize your time, maximize your efforts and bring you measurable results in the months that follow, including:

- Increased earning power
- Time for the things you value most
- Improved business performance
- Better relationships at home and in the workplace
- Better health and fitness
- A life of balance and fulfillment

Two convenient sessions are offered:

Saturday, January 15, 2005
9:30 am to 5:00 pm
Swans Suite Hotel
506 Pandora Avenue, Victoria, BC
Collard Room

Saturday, January 22, 2005
9:30 am to 5:00 pm
Ramada on Long Lake
4700 North Island Hwy., Nanaimo, BC
Blue Heron Room

\$149 per person plus GST (includes all workshop materials and lunch).

www.recalibrate.com

Workshop Leader

Lisa Mallett, Certified Professional Coach, is founder of Recalibrate.com, a Victoria company providing high impact professional coaching to create and sustain positive change for individuals and organizations. Combining over 20 years of management experience with her coach training and expertise, she has coached dozens of individuals to higher levels of effective performance and success over the past 3 years and reaches thousands more through her monthly coaching column published by the Vancouver Island Newsgroup.



What "Recalibrate Your Life" Participants Say

"Lisa helped me clarify my personal goals and create measurable action plans. As a result, I'm achieving my career and family goals."

"Lisa is supportive, enthusiastic and very knowledgeable."

"Her presentation manner is warm, open and engaging."

"Lisa has a great talent for guiding you to the answers within yourself."

Registration:

Register by mailing this completed form and your payment of \$159.43 (*cheque only, made out to Recalibrate.com*) to Suite 305—770 Cormorant Street, Victoria BC V8W 3J3

Please indicate which session you plan to attend:

Victoria, Jan 15/05 _____ Nanaimo, Jan 22/05 _____

Name: _____

Address: _____

Phone: (w) _____ (h) _____

Email: _____

Or, you may email registration info to lisa@recalibrate.com or fax (250) 383-6388 and be invoiced for payment. If you have questions, please contact Lisa at (250) 383-6633 or by email.