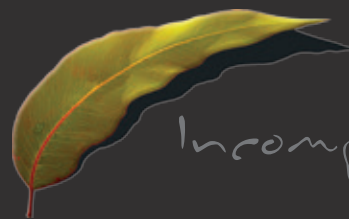




The Future from Today Workshop. *Find Peace in your Grief.*

Seasons.



Incomparable.

What is life coaching?

Life coaching is an interactive process that helps individuals to develop their true potential. As a result of life coaching, it is possible to set better goals, make better decisions, have a greater sense of the direction in which you want to take your life and generally be healthier and happier with your life and in your relationships.

Mary works with individuals to achieve their goals by increasing their self-awareness - which results in learning and growing within themselves. They develop self-belief and gain an increase in energy, confidence and happiness.

Do you feel like you have lost some direction in your life following the death of your loved one?

Would you like to find peace in your grief?

You are not alone.

Seasons are proud to host life coaching workshops addressing the challenges of going through grief, presented by Personal Life Coach Mary Argese.

These eight-session workshops will take you on your own, individual journey to embrace the future from today - with group support and facilitation.

What you will get from attending this workshop?

- Clarity on what “the future from today” looks like
- Feel strong and at peace in this new life
- A safe place to discuss and share your feelings and thoughts - without judgement
- Remove fears, concerns and obstacles
- Work through balancing the different roles (Hat's you wear) while working through the grieving process (e.g. as a parent, business owner, in a working environment etc.)
- Reduce the feeling of isolation experienced following the loss of a loved one
- Learn to find peace in grief
- The opportunity to create new friendships and a support group (if you wish!)



about Mary

Mary Argese is a Personal Life Coach with over eight years' coaching experience here in WA, including international phone coaching with clients in London, Singapore, interstate and country towns in the south-west region of Western Australia.

Mary started her own business, Life Coaching Success, in 2006, while undertaking postgraduate studies in Coaching at Curtin University WA. In 2008 she was invited to join the Mentor Coaching Team with the Entrepreneurial Unit for the Business School at Curtin University. Mary went on to found Coaching Business Success, focusing on leadership, emotional intelligence, communication, relationship development and teamwork within the corporate world.

Mary's "mission" is to develop all clients to be the best they can be, at their chosen highest potential and achieve their goals. She believes that we are all leaders of our own lives, and have choice. She works to support clients to realise this opportunity for choice and become empowered with this knowledge. Individuals can then look for the answers within themselves.

Mary's clients move to a place of self-confidence and happiness that they possibly have not had for a very long time, creating very strong foundations for self-worth, self-esteem and self-belief. They become empowered to make decisions and lead, and re-balance work and personal life. This allows them to be the best they can be not only for themselves but for those around them.

Testimonials

*Mary, I would like to take this opportunity to pass on a very heart felt "thank you" for your patience, wisdom, expertise and professionalism in helping me to see a way forward through the fog I felt I had been running around in...for this I will remain forever grateful. **Joanne***

*When I attended my first appointment with Mary I was a little reluctant in discussing my life and apprehensive that anything Mary said could make it better. Mary came across as a caring and understanding person who is there to assist me in making my own changes in life, which enabled me to open up and show trust in her. Mary helped me see my problems in life differently and like a lighthouse guided me away from the rocks. I deeply appreciate everything Mary has done for me. **Dean***

The Workshop



This workshop takes place in a confidential environment and provides the opportunity to develop and gain support through others who are going through similar challenges.

It will cover the following areas :

- Letting go and moving forward
- The grief process and moving forward
- Obstacles faced when moving forward
- Removing fears/uncertainty/anxiety
- Communication and new ground rules
- Setting goals for the future
- Celebrating your movement forward on what your future looks like

The cost of this eight-session workshop is \$795.
To make a booking or get more information please contact Mary Argese.


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