

10% Discount for Women in Business

Spring is in the air, the clocks have finally gone forward and thoughts are drifting to warm summer nights. Would you love an adventure that would revitalise ALL of you- your mind, body, spirit? Then you are in for a treat as we have a couple of 'Long Week' holidays planned for this summer in sunny Spain (more details below). Or if it is a shorter break to revitalise you then why not check out our 'Long Weekend Adventures'. Looking for more clients for your business, then check out 'Your Natural Way' to get signed up for a FREE class.

Long Weekend Coaching Adventure **Friday 23rd- Monday 26th May** (Soul safari)

What one adventurer said about her experience **"I have come away with a clear idea about who I am and what I want from life. I have a sense of purpose and a clear idea of what my next steps will be. After a few weeks it now feels like I am moving in a much more positive direction and without the insecurities and fears that I have previously experienced. "Olivia, UK.**

What can you take home with you?

- A clear vision for your future
- A series of 'next steps' to take
- Connection to your purpose in life
- Better internal and external communication
- Improved focus in your work and life
- An inspiring set of memories

Price- 445 Euros (10% discount for WIB only @ 400 euros) including all coaching workshops, a personal coaching session, accommodation for 3 nights and meals

Long Week Adventure **Saturday 12th- Saturday 19th July**

This will be a week long adventure and will look at you as a whole being- your mind, body, emotions, spirit and beyond. There will be a chef to get your nutrition in shape, a yoga teacher- to get your body in shape, a life coach- to get your mental game in shape and more to come. There will be time for walking in the mountains, horse riding, and swimming, as well as free time to rest and to reflect. This is in the creation process now so please let me know what you would love to see happening here that would make you want to come.

Price- 1599 Euros (10% discount for WIB only 1440 Euros) including all coaching workshops, yoga sessions, massage and accommodation for 7 nights and meals

Andalucían Adventure **Sunday 24th to Sunday 31st August**

A long week set in a beautiful villa to have creative experiences **to deepen your love of life**. Explore your own inner rhythm, understand how to be energetically creative, bring more magicalness and aliveness to your voice, and strengthen your intuition and knowing. Enjoy nature walks, great conversations by the pool, time to chill out and eat delicious food prepared by our fabulous cook. Hosts will be Santari Green & Susan Lynch.

Personal Adventure- This is if you are not into the group thing but would love to experience a Weekend Coaching Adventure. We can set up a more personal coaching adventure. You will have the same experience as for the Long Weekend Adventure but on a one to one basis.

Business Adventure- Are you struggling to find your way to market your business or simply want more clients? Well **'Your Natural Way'** is about finding **'your way' to get clients**. We offer different teleclasses and workshops to help you discover what your way is and to really watch your business grow. My business tripled when I did this course as I stopped doing the marketing that worked for other people and did the marketing that worked for my business, so I found my way. It was so cool that I joined the team. We have a **FREE TELECLASS** so you can experience the magic of 'Your Natural Way'. For more info check out our website at www.yournaturalway.com or drop me a line to book your free place on a teleclass.

Next class: Starting: May 5th @ 6pm CET

Venue: Telephone

Price- from 70 euros a month

For more details or to book your space on any of the above, check our website

www.thecoachinglifecompany.com or give Susan a call on 00 34 952 815 988 to **book** your **FREE COACHING SESSION** or email susan@thecoachinglifecompany.com If you don't see the Adventure you want we would be happy to design a more bespoke package just for your company or if you have a group of mates who want to do something a bit different.

Many thanks for your time,
Susan Lynch
The coaching life company