

10% Discount for Women in Business

Feeling jaded, tired, no time to think, decision making is just not happening?? Well maybe it's time to take some time out for you. We have lots of different types of Life Coaching Adventures from days; weekends to whole weeks.....It is the perfect place to get your mind, body, spirit and life revitalised and back on track.

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.**

A typical day will start with coaching by the pool, a beautiful walk down to the local village, connecting with nature on the way. Then lunch back at the villa overlooking the mountains, time to reflect by the pool in the afternoon. The day will finish with a group coaching session by the pool to wrap up the days discovery before a delicious dinner on the terrace prepared by our loving in house cook

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

Long Weekend Coaching Adventure

Next dates- June 27th-30th, July 25th- 28th, September 5th -8th, 17th to 20th October

For more details and to book your place

<http://www.thecoachinglifecompany.com/adventures.asp>

Price- 445 Euros (10% discount for WIB only @ 395 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 to re-energise ALL of you- your mind, body, emotions and spirit and beyond. There will be a Mediterranean chef to get your nutrition in shape, a yoga guru- 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 plenty of free time to rest and to reflect.

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

Andalucía 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 19th @ 6pm CET, then more throughout the year

Venue: on the telephone so you can be anywhere

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 20 Minute 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