



## Life In Motion Seminar

### Three full-day face-to-face group sessions



**Introduction:** Do you feel life is passing by and you are not doing what you want to do? Do you have dreams that you will like to achieve in life

and do not know where to start? Do you know what you want but lack motivation due to the many priorities you have?

If so, come and join us to the Life In Motion Seminar. Together we will explore different aspects of life and give you a new perspective and tools to help.

#### **Audience:**

This seminar is offered to women that are looking into living a wholistic life that allows them to work in their personal and professional goals and achieve their full potential.

#### **Dates & Topics:**

##### **Know Who You Are – Self, Values, Beliefs and Passions**

Saturday, May 30 at 9:00am (EDT)

- o Introduction to Seminar
- o Knowing Your Self - MBTI
- o Your Values & Beliefs

##### **Know What You Want – Dreams and Wants**

Saturday, June 13 at 9:00am (EDT)

- o Your Dreams
- o Your Goals
- o Your Implementation Plan

##### **Know What You Have – Capabilities, Skills and Knowledge**

Saturday, June 27 at 9:00am (EDT)

- o Resources
- o Support
- o Conclusion

#### **Format:**

We will meet as a group face-to-face for 3 alternate Saturdays. In addition each participant will have three individual coaching sessions of 45 minutes each. We will meet in the Regus Office in Miramar, FL. Each session includes preparation work and class exercises. It is presented in lecture format with group interaction and discussions.

#### **Confidentiality:**

We provide a safe and confidential environment to participants. Sharing is encouraged in the group setting but is not required. We encourage participants to keep session discussion strictly confidential and not disclose any information from other participants.

Each individual chooses what, when, how and with whom they want to share their own information. Individual coaching sessions are strictly confidential. Participants sponsored by employers are in their liberty to share or not share with their supervisor or peers any specific information.

The facilitator will keep all information confidential and will report to the employer of their employees' participation in a very general way without revealing any specific detailed unless the participant expresses a deliberate intention to hurt him/her or others.

#### **Facilitator:**

**Sandra V. Padilla, MBA** is a Life, Career and Business Coach and Spiritual Director. She is also the Executive Director of the Life In Motion Institute, a company dedicated to coaching, consulting and education. She is a member of the International Coach Federation and Spiritual Directors International. Sandra has extensive experience in the fields of Human Resources, Information Systems, and Business & Operations Management.

## REGISTER NOW!

It's quick,  
It's easy,  
It's worthwhile!

Give yourself an opportunity to connect with your dreams and goals and discover ways to make them happen!



**Life In Motion Institute**  
Helping People Achieve Their Full Potential!


### Investment:


Tuition is \$599 per session. This fee includes:

- Three full-day group sessions
- Three 45 minute individual coaching sessions
- The Life In Motion Seminar Binder
- Administration of the Myers Briggs Type Indicator
- MBTI Booklet


### Registration:

 You can register on line at our website [www.lifeinmotioninstitute.com](http://www.lifeinmotioninstitute.com).

 Or by Phone: (954)734-2805

 Or by Fax: (954)885-0454

 Or by e-mail: [info@lifeinmotioninstitute.com](mailto:info@lifeinmotioninstitute.com)

 Or by Mail:  
Life In Motion Institute, LLC  
3350 SW 148<sup>th</sup> Ave Suite 110  
Miramar, FL 33027.

## Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Check or money order enclosed payable to: Life In Motion Institute, LLC

Charge to my credit card: \_\_\_\_ AMEX \_\_\_\_ MC \_\_\_\_ VISA \_\_\_\_ Discovery

Card Number: \_\_\_\_\_

Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_

### Authorization:

*I authorized Life In Motion Institute, LLC to charge to the above credit card the amount of \$599 (less discounts if applicable) for the 3-day Life In Motion Seminar*

**Cancellations:** *Substitute registrants can be named at any time. A full refund, less \$50 service charge, will be given if notification is received 10 business days in advance. Notification of less than 10 business days will result in a credit that can be applied to any Life In Motion Institute product or service. If you do not cancel or attend, you are responsible for the entire payment.*