

Positive Beats

Weekly 60-minute Voice-Conferences



Life In Motion Institute
Helping People Achieve Their Full Potential!



Introduction:

If you find yourself dragging your feet and fighting with yourself to keeping your hopes up in the midst of the

current world situation? Do you feel lonely and overwhelmed with your work or your lack of it? Do you feel the need to connect with others to keep up a positive attitude towards life?

If you answer yes, to any of these questions you may want to join us for this interesting dialogue to maintain a positive beat and keep your ***Life In Motion!***

We will talk about your hopes and dreams, your life and your career, your concerns and difficulties.

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.

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.

Audience:

These meetings are open to anyone interested in keeping a positive outlook towards life through education and the sharing of day to day experiences with others.


Format:


We will meet for 60 minutes. There will be a 20 minute topic presentation followed by a group dialogue. A different topic will be presented each week.


Dates

We will meet every Thursday at 6:00pm EDT.


Registration:

 You can register on line at our website www.lifeinmotioninstitute.com.

 Or by Phone: (954)734-2805

 Or by Fax: (954)885-0454

 Or by e-mail: info@lifeinmotioninstitute.com

 Or by Mail:
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3350 SW 148th Ave Suite 110
Miramar, FL 33027.

Join us! You do not have anything to lose but a lot to gain.

These sessions are complementary to anyone registered in our mailing list.