



Abundant Solutions Coaching Program

Spirit Wisdom Life Coaching
Coach Linda McDonald

Are You Tired of Struggling to Be Happy? Have You Lost Sight of Who YOU Really Are? Do You Wish There Was an Easier Way?

Come together once a week in a safe environment with a master facilitator and...

**TAP INTO YOUR SPIRIT WISDOM
DISCOVER YOUR TRUE ESSENCE
CREATE THE LIFE YOU WANT**

**Life Does Not HAVE to hard.
In this group coaching program you will:**

- ♥ discover what is most important to YOU
- ♥ learn to fully express your magnificence
- ♥ tap into your inner wisdom and knowing
- ♥ discover what it is you are here to do
- ♥ learn how to claim your purpose everyday
- ♥ begin to create the life you want

Coach Linda McDonald creates a safe and sacred learning environment in which you will directly and through the experiences of others learn, discover and grow in ways that invite long lasting impact personally, professionally and spiritually.

Be a part of the Abundant Solutions Coaching Program on Wednesday evenings at 6:45pm

You will receive:

- ♥ The support, guidance and facilitation skills of certified life coach Linda McDonald
- ♥ Weekly 90-minute group coaching (4 sessions per month)
- ♥ Ongoing on-line information and resources to support goals and learning
- ♥ One individual 30-minute coaching session for every six weeks of group participation
- ♥ The incredible value of relationships developed within the group

Enroll monthly (4 sessions) for \$150.00 – save \$26
By the week at \$44.00 per session

Location: Abundant Wellness Center, 94 Chicopee St (Rt. 116), Chicopee, MA

Starting Date: February 27, 2008

Registration: 413-592-2828

Questions about the program: Linda at 413-527-2178

Limited Space Available – If we fill this group, we will schedule a second one for another evening.