The Power of Choice

Are you inundated with decisions as to how to spend your time?

During this 2.5-hour experiential workshop, Elizabeth will lead you through exercises designed to help you identify your core values. Core Values guide:

- Decisions you make
- With whom you spend your time
- How you spend your time, and ultimately, how you feel each day

These values are, at your very core, what's most important to you.

For dates and information, call: (925) 683-1331 or visit acleanslate4u.com

Elizabeth Treccase is a Life and Productivity Coach and founder of A Clean Slate. She specializes in helping busy women connect with their true selves and make deliberate decisions to live their most authentic and productive lives through workshops and individual coaching. To schedule a talk or workshop for your group, visit acleanslate4u.com or call (925) 683-1331.