

**Register today for CARE telephone coaching sessions. Space is limited to 6 women.**

**Date:** Saturday, February 28, 2015 (12 noon to 1:30 PM PST)  
Saturday, March 7, 2015 (12 noon to 1:30 PM PST)  
Saturday, March 14, 2015 (12 noon to 1:30 PM) PST  
Saturday, March 21, 2015 (12 noon to 1:30 PM PST)  
(Ending times may vary).

**Location: Teleconference Line TBA**

**NAME** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**PRIMARY TELEPHONE** \_\_\_\_\_

**EMAIL ADDRESS** \_\_\_\_\_

Facilitated by Gloria Manchester and Annette Moreau, both certified professional coaches through Coach Training Alliance (CTA). They will guide and support you through this restorative CARE group process.

[www.leaptoexcellence.com](http://www.leaptoexcellence.com)

CARE coaching fee is only \$295 per person. A non-refundable \$50 deposit will be requested with each registration. Two payments of \$122.50 each can be billed over 2 months. All fees support the work of CARTE, a 501 C3 nonprofit and their STARR Teen-Esteem Project for at-risk teenage girls.

**LEAP COACHING TO EXCELLENCE™**



**LEAP** presents a group coaching program called CARE ... designed to support the recovery and renewal of any woman who is caring for family or someone with an illness.

CARE is about *you caring for you* while setting and achieving your goals ... with the support of professional coaches.



Call 800-606-4227  
Website [www.leaptoexcellence.com](http://www.leaptoexcellence.com)  
Email [programs@leaptoexcellence.com](mailto:programs@leaptoexcellence.com)  
Fax 916-244-7068

*I used to spend so much time reacting and responding to everyone else that my life had no direction. Other people's lives, problems, and needs set the course for me. Once I realized it was okay for me to identify what I wanted, remarkable things began to take place in my life.*"  
-Inspired by Melody Beattie, author, *Co-Dependent No More*

Are you often feeling depleted, physically and emotionally. Would you like to be restored and recharged?

In a safe, supportive and dynamic coaching environment called CARE, with other motivated women in similar circumstances, you will gain the courage to reflect, recognize and reassess what actions it will take *from you* to re-energize your life. You deserve CARE.

### CARE stands for ...

Caring  
Accepting  
Responding  
Empowering/Empowered



This coaching is about you **caring** for yourself, in the middle of your commitments and responsibilities, **accepting** your situation with self-forgiveness and grace, **responding** rather than reacting, and **empowering** yourself to make some important life changes. **CARE** is about celebrating you in achieving some balance in your life ... in spite of your circumstances.



### What have others said about **LEAP's** coaching programs ...

"My life was suddenly and devastatingly changed when my second son, Leo, was born. I remember all too well feeling so shocked and worried by his medical condition. At a point, when I was completely exhausted and depleted, someone who cared about me gave me the gift of a coach. It transformed my life! "

- Annette



**Register Today!**



Coaching is \$295 per person. A \$50 non-refundable deposit will be requested with each registration. Program includes 4 sessions from February 28, 2015 through March 21, 2015 with email coaching between sessions.