

Choose Life! Making the Most of Life Transitions



## **BEYOND RESOLUTIONS: A WORKSHOP FOR WELCOMING THE NEW YEAR**

**January 11 or January 18, 2015 ~ 2 - 5 pm**

**With Linda Blachman, MPH, MA, CPC**

January is rolling around again, bringing with it the hope and opportunity to change ourselves and our lives for the better. Alas, resolutions, guilt-induction and willpower have an abysmal track record.

For twenty years I have been using a simple and effective practice I developed for harvesting the past, re-visioning the future, and setting into motion priorities and action plans for the next year with renewed energy and commitment. Due to popular demand, I have turned this process – supplemented with recent evidence-based information and tools on behavior change – into an engaging, supportive, hands-on 3-hour workshop.

### **Two opportunities:**

- **Sunday, January 11 or Sunday, January 18**
- **Time: 2:00 – 5:00 pm.**
- **Cost: \$75**
- **Location: Berkeley, CA**
- **Register: [linda@lindablachman.com](mailto:linda@lindablachman.com) or 510.540.8755**

**\$10 discount for each person you refer; bring 4 others, you come free!**

Contact [linda@lindablachman.com](mailto:linda@lindablachman.com) or 510.540.8755

<http://www.lindablachman.com>



### **About Linda Blachman**

*Linda is a certified life and creativity coach, certified imagery guide and author with 30+ years of professional experience working with individuals and facilitating groups and workshops. Her mission is to help others connect with their inner wisdom and access what is most alive and authentic in order to manifest their deepest desires for a fulfilling life. With advanced degrees in counseling and public health, Linda offers rich combination of skills and perspectives from coaching, counseling, guided imagery, personal history, health education and mindfulness practice.*