



The Culture Coaches™

Women's Leadership Institute

"Take a little time for yourself"

Extraordinary development workshops that will help you think, learn and grow in new and amazing ways and make you feel better about your work, your life and *you*.

October 30th **Emotional Intelligence**

It's now considered to be *the* X-factor in business and personal leadership success. Emotional Intelligence is learning how to be aware of and manage our strong emotions. This helps us handle setbacks in our lives and at work while motivating positive emotions for skillful daily living and leadership decision making. Learn how *not* managing your emotions can take a toll on your performance, health and relationship connections.

November 22nd **Energy Management**

Are you coming home from work exhausted? The secret is no longer about *time* management in today's high demanding work and personal life...it's about *energy* management. You can't gain hours in the day but you *can* gain energy. Learn the importance of energy management in your life, the four key energy sources and how they are inner-connected. Discover how little baby steps can dynamically help sustain energy in times of high demand.

December 11th **"Me Inc." Goal Setting**

Great companies do strategic planning to ensure goals are met while staying focused on their mission. Why not use the same effective tools for our own lives? Start the New Year off right with powerful reflection on the year that just *flew* by. Even with good intentions, we just don't sit down to set our goals so let The Culture Coaches help you with easy and effective tools to inspire and motivate new and exciting changes in the year ahead.

January 22nd, 2009 **A New Earth...A New You**

Are you ready to be awakened? Oprah's Book Club selection by Eckhart Tolle has changed many lives and transformed the way we consciously think about our past, present and future. Moving from dangerously insane ways of thinking to gentle and practical ways of becoming more conscious and present in your daily living, you'll discover key thought processes and behavior changes that will bring about not just a New You but also... a New Earth.



Featuring Joelle Hadley, expert facilitator, teacher, coach and founder of The Culture Coaches. The Culture Coaches is a boutique training, coaching and consulting firm whose vision is helping people love their work, and love their lives.

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Location:	Doubletree Paradise Valley-Scottsdale Resort 5401 N. Scottsdale Rd. 480-947-5400 (Jackrabbit and Scottsdale Roads) www.doubletree.com
Times:	Registration and Coffee 7:15-7:30 am Program 7:30-9:30 am A light and healthy breakfast will be provided
Registration:	\$200 per person per session Early Bird rate 10 days before workshop \$150 pp Package rate: 3 workshops = \$130 per session To register call 602-944-8473 or email kara@theculturecoaches.com