

genesis TRANSFORMATION

4 (more) CONVERSATIONS WITH SHERI LYNN - March 2010

Back by popular demand; February sold out quick! Converse with GT's founder in an intimate phone setting on topics related to the journey of health based fat loss!

Sheri Lynn provides group coaching, support, and education at a reasonable price for those GT clients who want 'more', as well as folks generally seeking information about health based fat loss. **GET INSPIRED!**

-ATTENDANCE LIMITED TO 8 REGISTRANTS PER SESSION-

TOPICS: (Tuesdays from 5pm - 6pm PST; 6pm - 7pm MST)

March 2: **WOMEN WHO DO TOO MUCH** - too busy to take care of YOU? Hmmmmm. Let's talk about the gerbil wheel...

March 9: **BURN THE SHIPS** - releasing addiction & creating new patterns of behavior

March 16: **WHAT 'WILLPOWER'?** - skills for dodging self sabotage

March 23: **LEARNING TO BE YOU** - life as a newly fit person; challenges in maintenance

inspiration & motivation through education

COST: \$25./session - Pick and choose your sessions of interest.

Pre-registration required – early registration recommended
For details/registration: david@genesistransformation.com
THESE SESSIONS WILL NOT BE RECORDED

