



Women Out West 'WOW' - Coaching Circles

If your life is already perfect and if you have everything you want – this is not for you!

If however, like most women, you are:

- Juggling family, work and home life
- Always looking for extra hours in the day
- Never putting yourself and your own needs first
- Wondering what else you can do for others
- Looking to find new ways to give the very best of you

Then this **WOW Coaching Circle** could make all the difference.

Using a range of coaching tools and techniques, including the very latest mBIT (Multiple Brain Integration Techniques) the group will support you over 6 sessions to:

- Re-evaluate where you are in your life and what is important to you
- Identify your passion to create a positive desired future
- Create goals which you are motivated to achieve (and exceed)
- Identify and put aside what used to hold you back
- Acquire tools to generate even more confidence whenever you need it
- Explore issues important to you, now.

In addition, you will meet up to 7 other amazing women to connect with, share your story with and get to know. You will have access to a fully qualified coach, enabling and equipping you through expertise, (gentle) challenge and compassion.



Suzanne Henwood is an NLP and mBIT coach and trainer. She has an academic background as an Associate Professor in Health and Social Sciences, has authored numerous books, book chapters and academic articles. She lives out West in Titirangi and is passionate about empowering, awaking and helping real women to evolve and grow to make even more of a difference in their lives and in the world.

To book your place (numbers are limited to a maximum of 8 per group) call:

Suzanne on: **0212526679**
or email on: Suzanne@mBraining4Success.com

Groups run for 6 sessions in venues out in the west of Auckland (or if you get a group together we can meet in your own homes to further reduce the cost).

Each session is 1.5 hours and if you come as a group we can arrange times / days to suit you (**WOW** also offers workshops, training and motivational speaking- for personal and business success).