Newsletter

www.abstractcoaching.com
www.miraven-travel.com

AbstrACT Coaching

April 2011

As I look at myself...

Three mirrors are before me;
Looking into the first mirror I see my full reflection.

The second mirror has been shattered
What I see now is an abstract version of myself.
Adjusting my vision I see myself in parts (chapters of my story)
All the pieces that make up who I am in my own unique way,
now today.
Not just outside but inside too,
physical and emotional aspects.

Every movement changes my vision.
Nothing stays still or the same!
I am that amazing and dynamic,
So many aspects plus the world outside continuously interfering.
I can lose perspective, direction and focus.

The third mirror is fantastic, shiny, and solid,
The reflection of myself as I look into it is exactly
What I want to see, feel and be.

When I choose to act on a thought or a dream,
make a decision to alter how my life is,
and how I want it to be
I will transform my self image
I celebrate the vision in mirror three,
a result of MY HARD WORK and
TRANSFORMATION into exactly what I want to see, feel and be.

Life Coaching is all about helping people get from where they are in their life to where they want to get to.
If everyone is being honest with themselves, many think they could do with improving an area or two of their lives.
But why don't people do anything about it?
Everyone knows what to do in life to become more successful but they don't do what they know.

Join us on the 11th April at Monday Motivation for a *FREE* session.
If you are out of area and interested we can schedule a skype session, just email me!

Certified Coach
The Life Coaching Institute

****Monday**** Motivation

****** 11th April: ******
A FREE coaching session
Life Assessment Evaluation, a look at your wheel of life PLUS 10 life changing questions to answer!

******18th April******
Artist Karen Meldrum will give us insight into her work. She won the BP Fine Art Award 2000—Google her

******25th April******
Lunch out
PLUS a surprise
email us if you're coming so we can send you details!

Hot coal walking coming… watch this space

Where: Gallery i, Inverurie
Time: 10am—11am
Cost: £3.50 incl a coffee

Let's Light you up!
In happiness
Theresa

Want to discover a gem?

For those of you who weren't able to join us for our Power of Colour talk we were spoilt by *Hilary from Beadsite* who brought along some samples of the wonderful and colourful beads that she stocks, if you are keen to look for a new hobby or a new bead supplier please go have a look at Hilary's website.
www.beadsite.co.uk

See our events page for other *Monday Motivation Topics*

To unsubscribe email: info@abstractcoaching.com